

# Medical Guidance & Teachings of Prophet Muhammed

By
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### **Introduction**

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These are beautiful medical guidance & teachings from our Nabi regarding uses of Quranic verses, Dua, natural herbs, food products, medicines, diseases, principles & etc under the heading of Tibb-e-Nabawi (Medical Guidance of Nabi ).

### For example: -

- 1. Taking medicine at one side of mouth
- 2. Putting medicine in nose
- 3. Not doing Hijamah on Wednesday
- 4. Getting infected with major skin diseases on Wednesday
- 5. Walking (movement of intestines) (you will get reference of it in lesson Sanna)
- 6. Principles of eating
- 7. Principles of drinking
- 8. Nazar (evil eye)
- 9. Sehar (Black magic) & much more. The reference you will get in the respected lessons.

### <u>For instance: -</u>

### The doctor should have a proper knowledge of treatment method.

Narrated by Hazrat Amir Bin Shuaib that Nabi said "Whoever gives medical treatment with no prior knowledge of medicine will be responsible (for any harm done).

[Ibn Majah: 3595; Book. 31; English vol. 4; chapter. 31; Hadees. 3466]

Allah Ta'ala says in Chapter 2 (Surah) Baqarah verse no. 269 that I (Allah) teaches Hikmat (treatment) to whom, he is made to benefit the people greatly.

# <u> Scientific examples: -</u>

# Eating & doing things with right hand:

Narrated by A'isha رخىالله عبيا that Nabi ﷺ used to love to start doing things from the right side whenever possible, in performing ablution, putting on

his shoes & combing his hair. (Al-Ash'ath says Nabi # used to do so in all his affairs).

[Bukhari: 5380; Book. 70; English vol. 7; Book. 65; Hadees. 292] Let's see if science helps us in finding any answer to Why Muslims are asked to use their right hand more than the other. What could be the wisdom behind this?

<u>Nabi</u> <u>ate using His Right Hand Fingers & licked His Fingers after meals:</u>

# Please read below the facts about it: -

If we start any new work or use new thing with right hand or right leg our approach of brain towards this act is left side of the brain means we initially use the left side of the brain for that act let see the scientific fact of left side & right side of the brain. & judge yourself the miracle of this Sunnah.

A new scientific research has proven that our hands (especially the right hand) have enzymes that are also present in our saliva. In simpler words, the digestive process actually begins with our fingers as they break down the food that we eat. A simple method to see the effects of our hands on digestive process are as follows: -

- 1. Take 2 bowls filled with plain water, now put right hand in one bowl & left hand in other for sometime & see for any changes in the water, you will see some water changes in both the bowls but more in right hand bowl, these changes are due to digestive enzymes present on our fingers.
- 2. Now put some vegetables in both the bowls & again dip the right & left hand in each bowl for sometime & see the changes on the vegetables, you will see that the vegetables gets softer more in right hand bowl means that our right hand has more active enzyme than left, so it is Sunnah to eat with right hand.
- 3. These enzymes help the digestive process & if we eat with spoon (etc) we lose the opportunity of the enzymes present on right fingers.
- 4. Also it is believed & proved that licking of right fingers after meals are good & beneficial for digestion & remember it is Sunnah & it is a well known proverb (saying) "fingers licking are good"!

### About Brain: -

As we know that science tells us that when we do exercise, it helps in keeping your body healthy. There are different types of exercises for every part of the body & if done over & over again, keeps that part more functional. Same goes with brain exercises, when you do them over & over again they help in developing connections in the brain. As there are two main lobes of the brain (Right & Left).

According to a research "The concept of right brain & left brain, thinking developed" that took place in the late 1960, by an American psycho biologist "Roger W Sperry". He discovered that the human brain has two very different ways of thinking (functioning).

Please remember that the left lobe of brain acts on the movement of right side of the body & right lobe of brain acts on the movement of left side of the body (This is called as criss-cross system).

### Right side brain: -

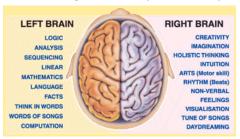
The right brain visualizes & processes information in an intuitive & simultaneous way, looking first at the whole picture & then the details. The right brain is referred to as the analog brain. It controls three-dimensional sense, creativity & artistic senses to allow us to function as humans.

Means the right side brain is more active in imaginations (means to form a picture in the mind) about things or information in intuitive way (means instant understanding or inspirations without actual thinking) both function takes place at the same time. The right hemisphere is mainly in charge of spatial abilities (means doing work in steps), face recognition & processing music. It performs some maths, but only rough estimations & comparisons. The right brain also helps us to comprehend visual imagery & make sense of what we see. It plays an important role in language, particularly in interpreting context & a person's tone.

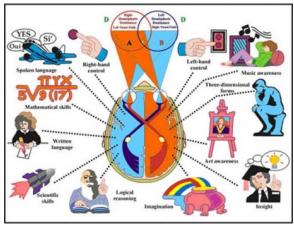
### Left side Brain: -

The left brain verbalizes & processes information in an analytical & sequential way, looking first at the pieces then putting them together to get the whole. Sperry was awarded a Nobel Prize in 1981, although subsequent researches had shown things aren't quite as polarized as once thought (nor as simple)."

Left brain is also referred to as the digital brain. It controls reading & writing, calculation & logical thinking. Means left brain is more active in expressing things in words & processes information by analyzing & examining work or things in proper order & do the work in regular way. In general, the left hemisphere is dominant in language: processing what you hear & handling most of the duties of speaking. It's also in charge of carrying out logic & exact mathematical computations. When you need to retrieve a fact, your left brain pulls it from your memory.



The brain's right hemisphere controls the muscles on the left side of the body, while the left hemisphere controls the muscles on the right side of the human body. When we blink the right eye, we use the left side of the brain because of the criss-cross wiring & due to this criss-cross wiring damage to one side of the brain affects the opposite side of the body.



So to conclude when we use more the right hand it gives more exercises to left side of the brain making it & its functions stronger & eating & etc is Sunnah with right hand & remember we use both hands equally while offering Salah. This is beauty of Sunnah of our Nabi &.

And it is Sunnah of Nabi & to start a good work with right hand by this we activate the left side brain & left side of brain is more active & powerful in analysis, logical thinking, doing work in proper order in regular way & etc. So by starting a good work with right hand or right leg helps us in positive response of brain.

The right handed person use their left side brain more & left handed person use their right side of the brain more, so right handed person are more logical, linear, good at maths, calculation, language learning, good at words, do thing in order in regular way by mostly analyzing the work better, has good hand writing.

The left handed person are more creative, think holistic (means taking in consideration of all aspects), good at arts & work skill, better in visualizing, rhythmic, have mostly bad hand writing & work step by step.

# Medical Guidance & Teachings of Nabi 🙈

Medical guidance & teachings of Nabi & was & is neglected by us, we perform many Sunnah of our Nabi & except Sunnah of treatment, eating & uses of food products as treatment. Sahabah paid a lot of importance to medical Sunnah of Nabi & & learnt, taught & performed the respected Sunnah.

Allah Ta'ala had taught principles of treatment to our Nabi &, for the whole world, but we do not learn them nor perform them. It is not like this, that we do not believe on them but we do not pay importance to them, nor do we know them. Sahabah were very well versed with medical Sunnah of Nabi & & perform them & got great success in treating themselves & others.

This science is called as Tibb-e-Nabawi & there are beautiful descriptions & guidance about diseases, to which modern medical science has yet not understood & discovered.

Dear respected READERS! We should make these Sunnah of treatment alive, as they very well deserve to be. These Sunnah are forgotten & neglected ones, to which we need to bring awareness. The reward for this work will be unimaginable.

Sahabah learnt these Sunnah very well & did people coming after Sahabah & so on, but in between we forgot these Sunnah & today our generation is very far from these. Please join the mission of making these Sunnah alive so that WE all will be benefitted, as Sahabah use to get. Nabi & & Sahabah used these Sunnah of treatment, & the patients use to get well immediately or sooner than what we do in today's era.

### How to use this book

- 1. Read one page daily of this Book as today's lesson & one page of previous day's lesson or please read one chapter a week, means read the same chapter again & again daily for a week, so that you can learn the lesson, perform & teach others.
- 2. Best read the book in company of whole family, fix one time & read daily one page or little more. Teach & explain to your children about it. See that your children understand the lessons properly.
- 3. It may take some time to understand & learn the language; slowly you will find them easy. The Arabic words & English words, in bracket which are given in the middle of the Hadees English translation, are the words given in the respected Hadees, they are to make you understand & pronounce the words properly & to get the correct idea what is mentioned in the Hadees. The translation work is done in such manner that it does not change the meaning, order & way of the respected Hadees. So for this reason you may find it little difficult & confusing, but daily reading will make it easy. Try to bring the respected Sunnah in your life & habits as well.
- 4. The book is in three parts, part-1 is regarding use of herbs, food items & etc; part-2 is regarding diseases & part-3 is a work book to which you need to solve the questions from the respected lessons you learn.

# Preface

### The causes for many diseases are mainly due to Nazar (evil eye), Sehar (Black magic), mischief of Jinns, destiny, bad habits & etc.

Nabi & use to treat diseases of soul, body, mind & etc (all), & paid a lot of importance to Dua (supplications), Rugyah, uses of herbs, meals, natural products, diet, Salah & etc to be used for treatment. (Rugyah is spiritual healing using Ouranic verses & Dua, please refer lesson no. 60 & above to know about it).

Rugyah & Dua comes at first place followed by other ways of treatment; today we have lost the importance & guidance about Dua & Rugyah completely, we think to take medicines & go to a doctor first, we do not realize that, our Nabi & taught us to do treatment with Dua, Rugyah, food, herbs & etc.

There are many diseases to which modern medical system FAILS to treat effectively, the reason is that they try to treat all diseases with medicines only, & do not know about Nazar (evil eye), Saher (Black magic), mischief of jinns etc, nor they do not know the sign & symptoms. But the respected Nabi & & Sahabah knew the sign & symptoms, diagnosis & treatment of the above said.

Our children suddenly fell ill or many times the patient's all the reports appears to be normal, doctors say the patient has nothing except he is suffering from psychological problems, but actually they suffer from Nazar (evil eye) or Sehar (Black magic) or mischief of jinn or else. Or we backbite about others, this give raise to digestive system diseases to which no modern methods can diagnose with any tools or methods (Its mentioned in Hadees that anyone who back-bites about others, he eats meat of his own dead brother) (By this we get many digestive diseases).

We can easily get affected with the above, anytime, any age, anywhere, any place & any season. But do not worry the treatment for the same is easy & has Barkat & complete cure in it. (The treatment are given in respected lessons)

Please read my lessons No. 60 to 67 in part-1 first (about Rugyah (spiritual healing) Nazar & their treatment). There is a complete detail given about Sehar (Black magic), Nazar (evil eye), Ruqyah & their treatment. Also questions & answers are given regarding Rugyah; also you will find Quranic Rugyah text in Quranic fonts.

Lastly please participate to distribute this book in the whole world, also teach others & please do read & learn the lessons daily (a small part of it in your homes) in company of all family members especially ladies & children so that our new generation should know this science from childhood.

Also if anyone of you wishes to distribute this book for free can contact me on my email. My address & email etc all are given in later page.

The aim of this book is to spread the medical science of our Nabi & among Muslims & other religion people so that the new generation will be well versed with it.

In future we can start short courses on Tibb-e-Nabawi & after S.S.C or H.S.C or after medical graduation courses.

### About the Author

After completing my studies, I joined my father's business soon, because I was the eldest son, I was Al-Hamdulillah very good at studies. I always wanted to be a doctor & serve people & work on Tibb-e-Nabawi (Prophet & medical science). I use to always study medical science privately, though I was in business.

I quit from my business at the age of 36 years old & got admission in Dr. D.Y. Patil college of Ayurveda & Research Institute, Nerul, (Navi Mumbai), to complete my graduation & to become a doctor.

I got passed in all classes in first attempt, with good ranks, I completed my graduation in 2012, at the age of 41 years old, than I completed my post graduation in 2013, in alternative medicine, from Nature Cure Institute, International Council for Complimentary Medicine, Lucknow, than completed PhD in Alternative Medicine in 2014, from Calcutta University.

I am, Al-Hamdulillah, DOCTOR OF MEDICINE (M.D), & DOCTOR OF PHILOSOPHY (PhD), currently doing my own practice, family physician & surgeon, consultant of chronic diseases, medical counselor, medical lecturer, writer & medical tutor for final year medical students all subjects & most important working on Tibb-e-Nabawi & to bring awareness.

I started reading Tibb-e-Nabawi & (medical science of Prophet &) at the age of 20 years, at that time no Tibb-e-Nabawi & book (medical science of

Prophet (36) was available in English, I read Tibb-e-Nabawi (36) which was available only in Urdu, I was from English medium school & college & completed all my studies in English, so because of this I could not understand Tibb-e-Nabawi (36) properly, & felt that if, Tibb-e-Nabawi (36) would be in English, I could have understood it much better.

So I felt an obligation to learn it & work on it & write a book on it in English language so that all English knowing people can understand it easily & properly.

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# About Tibb-e-Nabawi 🍇 & the Book

# Introduction: -

It is a medical science of the Last Prophet Muhammad & of Allah Ta'ala in English. Medical knowledge was also provided from Allah Ta'ala to Him &.

This Book is in three parts, part-1 is regarding uses of herbs, fruits, vegetables, plants, grains, Ruqyah, evil eye, black magic & some habits of Nabi & part-2 is about diseases & their treatment which are mentioned in Hadees & part-3 is a work book, you need to answer questions.

I started to write this book part 1 & 2 from  $4^{th}$  October 2013 & completed the Book part 1 & 2 on  $15^{th}$  March 2016.

In the book, in Nabi & guidance section, in the Hadees English translation, the Arabic words given in bracket are the words mentioned in respected Hadees. (Please do not get confused).

### Principle: -

Tibb-e-Nabawi sis mostly based on recitation of Ruqyah (Islamic spiritual treatment for evil eye, black magic & etc) & uses of herbs, fruits, vegetables, natural food products, eating habits, Salah, Dua, Quranic verses, Allah Ta'ala's names, drinking habits, ethics & diseases & their treatment.

### Rule: -

1. All diseases are curable.

[Bukhari: 5678; Book. 76]

- 2. Belief in Allah Ta'ala.
- 3. Follow Prophet &'s way & guidance.
- 4. Use herbs, fruits, vegetables, special Dua, Ruqyah, Quranic verses, Names of Allah Ta'ala.

### Knowledge: -

This is based on collection & study of Prophet &s's teachings, guidance & Hadees (means saying, teachings, talks & etc of Prophet &s).

# References: -

Famous & authentic Books of Hadees like: Bukhari, Muslim, Tirmizi, Abu Dawud, Abu Nu-aim, Ibn Ma-jah, Musnad Ahmed, Musnad Firdous, Tabraani, Kanz al-Ummal, Baihaqi, Mustadrak Al Hakim, Tibbe Nabawi (Al-Jawzi), Shaobul Imaan, Musannaf Abdur Razzaq, Shamaa'il Muhammadiyah, & etc.

# Other references: -

My work is mostly based on famous books of Hadees as mentioned above & Tibb-e-Nabawi & by Imam Ibn Qayyim Al- Jauziyah, Islamic medicine by Yusuf Al-Hajj Ahmad, Tibb-e-Nabawi & Jadid science by Dr. Khalid Ganznawi, Plants of Quran by Dr. M. Iqtedar Farooqi, Book of Sunnah by E.M.H.Salejee & etc.

### Authenticity: -

On 2<sup>nd</sup> May, 2015 at 12.00 pm I met with *Mr. Rafig Dudhwala* founder of **DEENIYAT**, at *Idara-e-Deenivat*, opp. Maharashtra College, Bellasis road, Mumbai Central, Mumbai 400008. (I went to Mr. Rafig Dudhwala with reference of *Mr. Altaf bhai* Gulshan Printing Press) regarding my book, he saw the presentation properly & pointed out my mistakes, like I had not mentioned the Hadees numbers, means I had only mentioned names of the books from which the references are taken. He also asked to recheck the Hadees from the original text book of Hadees. The Saheeh Sittah means the 6 authentic books of Hadees & also other books. I realized that it was very important to recheck the Hadees & etc. & further said your work should be checked by the Best Aalims who has done post graduation & PhD & is well versed in Hadees work.

I again started reading, confirming & putting the references of the Hadees on 6-5-2015, from the respected books of Hadees like Bukhari, Muslim, Abu Dawud, An-Nasa'i, Ibn Ma-jah, Tabraani, Musnad Ahmed, Musnad Firdous & etc & we also used software (البكتبةالشاملة) Al-Maktaba Al-Shamilah to find the references & completed the search on 30-09-2015.

Maulana Arshad Jamil Nadwi (An Aalim) & Maulana Abdul Matin (An Aalim) also took the task of searching, checking, putting the reference of the respected Hadees. The designing work was done by *Maulana Arshad Jamil Nadwi* (An Aalim) well verse in this work (He is like my Son).

### Points: -

Tibb-e-Nabawi & was & is presently neglected by all class of people. Since many years no proper compilation work was done in English in India that could give a proper basic knowledge of Prophet &'s science, with proper order, with Prophet &'s Hadees separately, & experiences & comments of scholars separately. (Means mentioned in separate Columns).

Scholars experience should not be neglected but at the same time should be mentioned under separate heading & should not be mixed with Prophet s's guidance & Hadees, so that the readers do not get puzzled & should get a clear idea what is mentioned by Prophet & & what are scholars experiences.

Tibb-e-Nabawi (Prophet 's medical science) is currently not present in our practical life, means we do not follow it due to ignorance, lack of awareness & lack of knowledge, (since many years for unknown reason).

Today our eating habits do not match with Prophet \$\mathbb{B}'s\$ eating habits & nor medical science knows about it; we do not know about the favorite dishes of Prophet \$\mathbb{B}\$, nor do we follow the medical science of Prophet \$\mathbb{B}\$.

The respected Medical science of Prophet is is sent by Allah Ta'ala to His Prophet Muhammad is for the benefit of whole world, but we neglect & ignore it.

In 2015, I was 44 years old, I use to read Tibb-e-Nabawi & (Books on medical science of Nabi &) since 20 years of age, I use to get puzzled & did not had a clear idea what was Prophet &'s guidance & teachings, & what were scholar's guidance & teachings.

So this made me to do, a compilation work on Tibb-e-Nabawi & (Prophet &'s medical science) to bring awareness about it & remove the negligence.

Actually, my work is like a postman's work, means my job is to deliver the message of Prophet \*s's medical science to people in easy language & better understanding with clear & authentic references.

My work is only a compilation work, in systematic order & proper manner. May, Allah Ta'ala guide me in the best way in my work & duty, to do it in such a way that it is easy for the whole world & beneficial to all.

# About Hadees Books: -

All the author of the books like <u>Bukhari, Muslim, Abu Dawud</u> & etc had done a beautiful piece of work by setting the Hadees in different chapter, with proper topics, grouping & etc. By their work only our work is possible. How much difficulty they must have suffered, Allah only knows & may Allah reward them all handsomely.

# Thanks to: -

First of all I would like to thanks Allah Ta'ala for letting me to do this work, may Allah Ta'ala make it a success (Aameen) than thanks to Nabi # from the bottom of my heart for His devotion & Hardships & Grants. I would like to thank all Sahabah for their hardship & work for Islam, than all the people after them.

Also thanks to the author of Bukhari, Muslim, Abu Dawud, Ibn Ma-jah, An-Nasa'i, Tirmizi & etc for their work in the field of Hadees, by their work only it makes us easy to work on Hadees.

Also thanks to Mufti Dr. Javed Ali, Mufti Shoaib, Mufti Ajmal, Maulana Saad, Maulana Arshad Jamil, Maulana Abdul Matin, Abdul Aziz, Altaf bhai, Rafiq Dudhwala, Taha, Abdul Matin, my parents, my family & all friends & well wishers & my wife for helping me in my writing work. Without all above it would be impossible to write this book. Also special thanks to Mrs. Shujauddin Oureshi for her help in prove reading & Hadees checking work.

# Details about the Hadees Books

### Bukhari: -

There are 7563 Hadees in Sahih Bukhari with repetitions & (Without repetitions however, the total number of Hadees are around 2,600) & it is divided in 97 part (Books). Each part (book) has many chapters. It is compiled by Abu Abdullah Imam Muhammad Al-Bukhari (ra) (d. 256 AH/870 AD) He is known as the Amīr al-Mu'minīn in the field of Hadees. He was born on the day of Jumma (Friday) the 13th of Shawwāl 194 (A.H.). His father passed away in his childhood. At the age of sixteen after having memorized the compiled books of Imām Wakīy & Abdullāh Ibn Mubārak, he performed Hajj with his elder brother & mother. After the completion of Hajj he remained in Makkah for a further two years & upon reaching the age of eighteen headed for Madīnah, for compiling the books "Oadhāyas-Sahābah wa at-Tābi'īn" & "Tārikh al-Kabīr." Imām al-Bukhārī also travelled to other key centers of Arabia in search of knowledge like Syria, Egypt, Kufa, Basra & Baghdad.

Imām Bukhārī first started listening & learning Hadees in 205 A.H. & after getting benefitted from the Ul-mas (scholars) of his town he started his travels in 210 A.H. His memory was considered to be one of a kind; after listening to a Hadees he would repeat it from memory. It has been known that in his childhood he had memorized 2,000 Hadees. There are many Books compiled by him, it took a period of 16 years to gather the Hadees & to write the Sahih Bukhari, which sets the date back to 217 A.H. in which he started the compilation; Imām Al-Bukhārī (ra) being merely 23 years of age. Before he actually placed a Hadees in his compilation he performed

ghusl (bath) & prayed two Rak'ah nafl & did Dua asking Allah for guidance. He finalized each Hadees in the rawdah of Masjid An-Nabawi & (between the Prophet &'s grave & his mimbar) & wrote the Hadees in the masjid. Only after being completely satisfied with a Hadees he uses to place it in his collection.

### Sahih Muslim: -

Sahih Muslim is a collection of Hadees compiled by *Imām Muslim Ibn Al-Hajjāj Al-Naysāburi* (ra) His collection is considered to be one of the most authentic collections of the Sunnah of the Prophet & & along with Sahīh Al-Bukhārī forms the "Sahihain," or the "Two Sahihs." It contains roughly 7500 Hadees with repetitions, in 57 Books (parts) plus introductory part. (Without repetitions however, the total number of Hadees are around 3033).

Imām Muslim's full name was Abu Al-Husayn Muslim Ibn Al-Hajjāj Ibn Muslim Ibn Warat Al-Oushayri Al- Navsaburi (206-261 AH/821-875 AD). Imām "Muslim," (as his nasba shows) belonged to the Qushayr tribe of Arabs from a higher family. He was born in Naysabur (Nishapur) in 206/821. His parents were righteous people who left such an indelible impression on his mind that he spent his life as a God-fearing person & always adhered to the path of righteousness. Imām Muslim travelled widely to collect Hadees in Arabia, Egypt, Syria & Iraq; he came into contact with Imām Al-Bukhari & was impressed with Imām Al-Bukhārī's knowledge, & he kept himself attached to him up to the end of his life.

He wrote many Books & treatises on Hadees, but the most important of his works is the collection (Jami') of his Sahih Muslim. He died in 261/875 & was buried in the suburbs of Nishapur.

### Abu Dawud: -

Sunan Abu Dawud is a collection of Hadees compiled by Imām Abū Dawood Sulaymān Ibn Al-Ash`ath As-Sijistānī (ra) It is widely considered to be among the six canonical collections of Hadees (Kutub as-Sittah) of the Sunnah of the Nabi &. It consists of 5274 Hadees in 43 Books (parts).

Abū Dawood Sulaymān Ibn Al-Ash`ath Ibn Ishāg Ibn Bashīr Ibn Shaddād Ibn 'Amr Ibn 'Imrān Al-Azdī As-Sijistānī was born in the year 202 AH in Sijistan, a province in Khurasan, He was from Yemen.

He began to travel seeking for Hadees at a young age & reached Baghdad in 220 AH when he was 18 years old. He traveled for the purpose of checking out the possessors of Hadees to ensure their reliability before accepting their narrations. His journeys in search of knowledge took him through the lands of Khurasan, Iraq, Hijaz, Sham, Egypt & Nishapur. He was not only a muhaddis, but also a prominent fagih who studied extensively under Imām Ahmad Ibn Hanbal.

Imām Abū Dawood (ra) passed away on Friday, 16 Shawwal 275 AH, at the age of 73. He was buried in Basrah alongside Sufyān at-Thawrī.

# Ibn Ma-jah: -

Sunan Ibn Ma-jah is a collection of Hadees compiled by *Imām Muhammad* Bin Yazīd Ibn Majah Al-Oazvīnī (ra). It was widely considered to be the sixth of the six canonical collections of Hadees (Kutub as-Sittah) of the Sunnah. It consists of 4341 Hadees in 37 Books (parts).

His name was Abū 'Abdullāh Muhammad Bin Yazīd Bin 'Abdullāh Ar-Rab'ī al- Oazvīnī, famously known as Ibn Mā-jah, was born in 209 AH to a non-Arab tribe by the name of Rab'i in Oazvin (Iran).

Ibn Ma-jah spent his early years studying Hadees in his hometown of Qazvin, which had by then became a major center of Hadees. In 230 AH, at the age of 21 or 22, he travelled to various countries to seek more knowledge. He travelled to Khurasan, Iraq, Hijaz, Egypt & Sham to attend the gatherings of Hadees from scholars. Imām Ibn Ma-jah studied under some of the eminent teachers in Makkah, Madinah & Qazvin. He died on Monday, 22 Ramadan, in the year 273 AH at the age of 64.

# An-Nasa'i: -

Sunan An-Nasā'ī is a collection of Hadees compiled by Imām Ahmad An-Nasā'ī (Rahimahullah). His collection is unanimously considered to be one of the six canonical collections of Hadees (Kutub as-Sittah) of the Sunnah of the Prophet . It contains roughly 5758 Hadees (with repetitions) in 51 Books (parts).

Ahmad Ibn Shu`ayb Ibn `Alī Ibn Sīnān Abū `Abd Al-Rahmān Al-Nasā'ī (214 -303 AH/ ca. 829 - 915 AD/CE), was born in the year 214 A.H in the famous city of Nasa, situated in Western Asia known at that time as Khurasan which was a famous centre for Islamic knowledge where many Ulama were situated & studies in Hadees & figh was at its peak.

In Makkah he passed away at the age of 88 on Monday 13th of Safar 303 AH in the holy city near the Ka'ba & he was buried between Safa & Marwa.

### Tirmizi: -

Jāmi` At-Tirmizi is a collection of Hadees compiled by Imām Abu `Isa Muhammad At-Tirmizi (ra). His collection is unanimously considered to be one of the six canonical collections of Hadees (Kutub as-Sittah) of the Sunnah of Nabi 🙈 (It contains nearly 3956 Hadees with repetitions in 49 Books (parts). His name is Abū 'Īsa Muḥammad Ibn 'Īsa Ibn Sawrah Ibn Mūsa Ibn Al Daḥḥāk Al-Sulamī Al-Tirmizi (209-279 AH/824-892 AD). Imam At-Tirmizi was born in the year 209 A.H. during the reign of Abbasid Khalifa Ma'munal-Rashid.

Imam Tirmizi dedicated his life totally towards the field of Hadees. He obtained his basic knowledge at home & later travelled far lands in search of knowledge; he studied Hadees under great personalities such as Imam Al-Bukhari, Imam Muslim & Imam Abu Dawud. Once Imam Al-Bukhari said to him "I got benefited more from you than you got benefitted from me." In the year 279 A.H. in a village called Bawag at the age of 70 years he passed away.

All the above Imaams worked very hard in the field of Hadees collection & compilation, only Allah Ta'ala can reward them for their work.





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# Lesson No. 1 Rules & Causes of Diseases

You can confirm the references of Hadees at:

- 1. www.sunnah.com
- 2. (البكتبة الشاملة) Al-Maktab Al-Shamila

You can visit my website on: www.tib-e-nabi-for-vou.com

Bloggers at: www.drshakeel-tibenai.com

### Rule No. 1

### All diseases are curable.

Bukhari: 5678; Book no. 76; English vol. 7; Book. 71: Hadees. 582.

Abu Dawud: 3874; Book no. 29; English Book. 28: Hadees, 3865.

#### Rule No. 3

The diseases & cure of the diseases, both are sent by Allah Ta'ala.

Ibn Ma-Jah: 3865; Book. 31; English vol. 4; Book. 31, Hadees. 3469.

Means all diseases are curable.

### Rule No. 2

Allah Ta'ala has sent all the diseases on earth.

Abu Dawud: 3874; Book. 29; English Book. 28; Hadees. 3865.

### Rule No. 4

Never say that following disease is not curable. But say, we do not know the cure & Inshaallah we will search the cure of it. Because Allah Ta'ala have send the diseases on earth with its cure, go & search.

### **HADEES**

1. Narrated by Abu Khizamah 🐇 that Nabi 🐉 was asked: 'Do you think that the medicines with which we treat ourselves, the Rugyah by which we seek healing & the means of protection that we seek, change the decree of Allah at all?' Nabi & said: 'They are part of the decree (order or decision) of Allah".

[Ibn Majah: 3563; Book. 31; English vol. 4; Book. 31, Hadees. 3437]

2. Narrated by Abdullah & that Nabi & said, "Allah does not send down any disease, but He also sends down the cure for it."

[Ibn Majah: 3564; Book no. 31; English vol no. 4; Book no. 31; Hadees no.3438]

3. Narrated by Usamah Bin Sharik & that, "I saw the Bedouins asking Nabi & is there any harm in such & such, is there any harm in such & such?' Nabi & replied to them: 'O slaves of Allah! Allah has only made harm in that which transgresses the honor of one's brother. That is what is sinful. They asked Oh! Rasoolullah is there any sin if we do not seek treatment? Nabi & replied: 'Seek treatment, O slaves of Allah! For Allah does not create any disease but He also creates with it the cure, except for old age.' They asked, Oh! Rasoolullah , what is the best thing that a person may be given?' He said: 'Good manners'.

[Ibn Majah: 3562; Book. 31; English vol. 4; Book. 31; Hadees. 3436]

4. Narrated by Abu Al-Darda sthat Nabi said, Allah has sent down both the disease & the cure & He has appointed a cure for every disease, so treat yourselves medically, but use nothing unlawful.

[Abu Dawud: 3874; Book no. 29; English Book no 28; Hadees no. 3865]

5. Nabi said, Allah has not sent down a disease except that He also sent down its cure; whoever knows it (the cure) knows it, & whoever is unaware of the cure, he is unaware of it; while those who are ignorant of the cure are ignorant.

[Mustadrak Hakim; Al-tibb: 8266]

### Causes of diseases: -

- Due to Nazar (evil eye), Sehar (black magic), Destiny.
- Sins.
- Imtihaan from Allah Ta'ala (aaz'ma'eesh) (Trail).
- Faulty eating habits (like eating too much or eating combinations of many food items at one time).
- Not following Sunnah.
- From Allah Ta'ala.
- To increase the Darajat (from Allah Ta'ala) (for promotion in this

- world & hereafter)
- Negligence of Tibb-e-Nabawi &. (Medical science of Nabi &).
- Eating Haraam (or earning is haram) (or improper way of earnings).
- Troubling others.
- Back-biting.
- Uttering bad-words or harsh words.
- Not following Parda properly (Hijab).
- Doing Zina (prohibited way of sex).
- Not offering Salah (Namaz), Zakaat, Hajj etc.
- Not keeping proper cleanliness.
- Not doing Istanja (not washing of genitals after toilet etc).
- Not taking bath after sex or other Farz Gusal (obligatory bath).
- Not keeping Fast.
- Due to mischief of shaitaan or jinn.
- Due to bad deeds, thought, intentions & etc.
- Due to not following rules of intercourse.
- Due to improper sleeping habits.

Lesson no	1 has 5 Hadea	25

# Lesson No. 2 Principles of treatment of Tibb-e-Nabawi 🙈

Please understand properly that the diseases & the treatments are sent down by Allah alone. & the medicines acts by Allah's will only.

We should do treatment with permissible medicines & method, we will get *SAWAAB* for treating ourselves & if we don't do so Allah can questions for not seeking the treatment.

- 1. Ruqyah, Dua, (a spiritual healing method) (for black magic, evil eye (nazar), pain & etc).
- 2. Medicines (To put medicine in one side of mouth) (الليود) (Ladaud)
- 3. Reciting Names of Allah Ta'ala (Asmaul Husnah) (refer lesson no. 50 in part-2 Healing with Names of Allah Ta'ala)
- 4. Reciting Dua which Nabi & recited.
- 5. To put medicine in nose (السعوط) (Saut).
- 6. Walking (Movement of intestines or walking).
- 7. Hijamah (Wet cupping).
- 8. Laxatives.
- 9. Herbs (Like honey, vegetables, fruits, plants & etc).
- 10. Meal (don't eat full stomach or excessive) (Thanks to Allah for each morsel).
- 11. Dua.
- 12. Sadqa (Charity)
- 13. Namaz (Salah) (like chasht Namaz (salah) for joints).
- 14. Quran (means reading, special aayats & chapters for diseases, as mentioned in Hadees).
- 15. Istaq'faar (Seeking forgiveness from Allah Ta'ala).
- 16. Avoiding sins (leaving gunah).
- 17. Special Dua (mentioned in masnoon Dua book).
- 18. Seeking Allah Ta'ala's shelter (panah).
- 19. Belief on Allah Ta'ala.
- 20. Sunnah.
- 21. Sabar (to keep patients).
- 22. Paaki (cleanliness).
- 23. Fasting (Islamic Fasting) (Roza)
- 24. Vomiting.
- 25. Food (special food substances, dishes, fruits etc).

- 26. Water (drinking water which is supplicated with Dua or Ruqyah, or washing hands or sprinkling the same water on body).
- 27. Parhez (precautions) (do's & don't).
- 28. Cauthery (Burning).
- 29. Performing Dua to Allah Ta'ala for cure & healing.
- 30. Avoiding eating, wearing (etc) with haram earnings.

Please read about blood donation & blood transfusion in lesson no. 44 Wet Cupping (Hijamah) in part -1 of this book as the end part of the lesson.

### <u> A perfect doctor who has proper knowledge: -</u>

**31.** The doctor should have a proper knowledge of treatment, as the following Hadees says: -

Narrated by Hazrat Amr Bin Shuaib & from his father & Grandfather that Nabi & said, "Whoever gives medical treatment with no prior knowledge of medicine, will be responsible (for any harm done).

[Ibn Majah: 3595; Book. 31; English vol. 4; chapter. 31; Hadees. 3466]

### **Duty of the doctor: -**

**32.** Hazrat Abi Ramsha says that, "Your (doctors) duty is to relief the patient & Allah Himself is a Tabeeb (Healer).

[Musnad Ahmed page: 17037]

# <u>Remedy for every disease: -</u>

**33.** Hazrat Jabir Bin Abdullah says that there is a remedy for every malady (disease) & when the remedy (treatment) is applied to the disease it is cured with the permission (order) of Allah, the Exalted & Glorious.

[Muslim: 2204; Book. 39, English Book. 26; Hadees no. 5466]

# Rules to interact with a seriously infected & Contagious patient: -

34. Hazrat Abdullah Bin Abi Auif المجانوم says that Nabi هج said, "When you talk to a Majzum (المجانوم) (Leprosy patient or a person suffering from unpleasant disease) patient keep one or two arrow distance between you & him.

[Kanzul Ummal: 28329.]

### Abdomen a pond of health or disease: -

35. Hazrat Abu Hurairah 🐇 says that Nabi 🎄 said, that the abdomen is like a pond from which tributaries branch out in all direction, if the abdomen is healthy the vessels take health within them & if abdomen is diseased then the vessel take disease within them.

[Durre Mansoor, Daar katni page no. 1401]

(Tributaries may here mean portal veins which carry the digestive material to liver).

### Bard (الدة) (coldness) cause of all diseases: -

36. Many Sahabah narrated that Nabi 🎄 said that, Cause for all diseases actually is coldness (Bard) (البرد) of the body.

[Kanzul Ummal: 28175]

(Bard in English can be cold-blooded, coldness, frigid, Insensate, Stale (spoiled), Cruelty).

### Do not use unclean medicines: -

37. Narrated by Abu Hurairah 🐞 that Nabi 🗯 prohibited unclean medicine.

[Abu Dawud: 3870; Book. 29; English Book. 28: Hadees. 3861]

# Do not press the inner part of throat in throat infection: -

38. Narrated by Anas 🐗 that Nabi 👺 guided us not to press the inner part of the throat, during Azrah (a throat infection) in children but use costus (Qust).

[Bukhari: 5696; Book: 76; English vol. 7; Book: 17; Hadees: 599]

As people of those time use to do) Please refer:

- lesson no. 24 Costus Oust in part-1 &
- lesson no. 3 Throat Infection (Azrah) in part-2

(Qust is an herb, Qust is an Arabic word, In English it is called as Costus).

### Do not use Khamr (intoxicants): -

39. Nabi seguided that all types of Khamr (intoxicants or alcohol) are disease, & there is no treatment (cure) in them.

[Tirmizi: 2182; Book. 28; English vol. 4; Book. 2; Hadees. 2046]

Means we should not use alcoholic or narcotic medicines or their products, please refer lesson no.57 Prohibited eatables & drinks in part-1.

### Treat vourself with verses in which Allah's Praise are present: -

**40.** Hazrat Raza Al-Ghanvi says that get Shifa from those, in which Allah's praise are present like (Quranic verses) Alhamdulillah (Sura Faateha) or Kul ho wal-allah ho A-had (Sura Ikhlaas) (or others) & those who does not get Shifa (cure) with Quran then understand there is no Shifa in your destiny.

[ Jaa-me Sa-gheer: 977 & Fa-th Al-kabir 1740]

**41.** Hazrat Abu Hurairah says that Rasoolullah guided to get Shifa (cure) from Quran if anyone does not get Shifa (cure) with Quran, then understand there is no Shifa in your destiny.

[Jaa-me Sagheer: 977]

In regards with above both Hadees we should understand that we are guided to get Shifa from Quran & Names of Allah, or Dua in which there are praise about Allah & also should follow all guidance of Nabi ങ & if anyone do not get Shifa inspite of Quranic treatment than understand that there is no cure is their destiny.

42. Qatadah narrated from Abu Abdullah that Zaid Bin Arqam الله said that Nabi الله would acclaim (advised) olive oil (الله الله Warss for (the treatment of) pleurisy." Qatadah الله said: "And it is to be put in the mouth on the side which is suffering."

[Tirmizi: 2222; Book. 28, English vol. 4; Book. 2, Hadees. 2078]

- (Pleurisy is a lungs disease).
- (Warss is an herb) please refer lesson no. 32 Warss (Memecylon).

This shows that taking medicine in to the mouth should be in one side of the mouth means if we have problem in the left side of the body than take medicine in the left side of the mouth. Please read more Hadees on this topic so that you will come to know the concept properly.

43. Hazrat Zaid Bin Arqam المحتاطة says that Rasoolullah الله advised, as a treatment for Zaatul Janb (ذات الجنب) (pleurisy), Warss (ورس), Qust (قسط), & Zait (زيت) (olive oil) & (should be) taken at one side of mouth (وَلِيَّلُ).

[Ibn Majah: 3596; Book: 31; English vol. 4; Book. 31, Hadees. 3467]

44. Hazrat Suhaib الله reports that his right eye was paining & he was eating Tamar (قر) (dates), looking to this; Rasoolullah الله said that, you are eating Tamar (قر) (dates) in spite of eye pain? On this Hazrat Suhaib الله replied that I am eating from left side & my right eye is paining.

[Baihaqi: 20047]

(According to Nabi & guidance one should not eat more dates during eye disease or during recovery time, please read the Hadees below).

45. Hazrat Umme Munzir says that, Rasoolullah & & Hazrat Ali both came home, she had Dawaal (عوال) (bunches of dates), she served Dawaal (عوال) to both, both started to eat the dates, but when Hazrat Ali had eaten 7 dates (approximately) he was stopped by Rasoolullah from eating more, & He said to Hazrat Ali that you were ill last days & now you are weak, so do not eat more, Hearing to this Hazrat Umme Munzir prepared Sareed (عرب) (thin gravy) of meat, beet root & chapatti (غرب) from Jaw (الشعير) (barely flour) & served to both, on this Rasoolullah said to Hazrat Ali eat this dish, this is beneficial for you.

[Tirmizi: 2170; Book. 28; English vol. 4; Book. 2; Hadees. 2036]

### Rule of boiling our drinks: -

**46.** Narrated by Abdullah Bin Yazad Al-khatmi that Umar Bin Al-Khattab wrote to him (saying) cook (boil) your drinks until the share of shaitaan is gone, for he has two share & you have one (means boil till 1/3 is left over & 2/3 is evaporated).

[Nasa'i: 5717; Book. 51; English vol. 6; Book. 51, Hadees. 5720]

(Please read the Hadees below to understand this Hadees properly).

# About At-tila (thick grapes juice): -

**47.** Narrated by Saeed Bin Al-Musayyab that "When At-tila' (thickened grape juice) has been cooked & reduced to one-third (by boiling), then there is nothing wrong with it".

[Nasa'i: 5723; Book. 51; English vol. 6; Book. 51, Hadees. 5726]

**48.** Hazrat Ibn Umar seported that he was forbidden to prepare Nabiz by mixing unripe dates & fresh dates & dates with grapes.

[Muslim: 1991A; Book. 36; English Book. 23, Hadees. 4911]

(Means that we should not soak two types of dates together or dates & raisins to prepare Nabiz) (Nabiz is a sharbat (syrup) prepared by soaking dates or raisins or any fruits in water & drinking the syrup).

**49.** Narrated by Jabir & that Nabi & said: "Do not mix raisins & dried dates, nor Busr (fresh unripen dates) & Tamar (dried dates)".

[Nasa'i: 5555; Book. 51; English vol. 6; Book. 51, Hadees. 5557]

50. Hazrat Ibn Abbas reported that Nabi forbade the mixing of dates & grapes together & mixing of unripe dates & ripe dates together (for preparing Nabiz) & he wrote to the people of Jurash (in Yemen) forbidding them to prepare the mixture of dates & grapes (raisins).

[Muslim: 1990A; Book: 36; English Book: 23, Hadees: 4910]

### Other Rugyah left when Surah Falag & Naas revealed: -

51. Narrated by Abu Saeed that Nabi use to seek refuge from Jinn evil eye (nazar) of human, until Al-Mu'awwidhatain (Surah Falaq Surah Naas) were reveled, so Nabi used them left other then Al-Mu'awwadhatain.

[Tirmizi: 2198; Book. 28; English vol. 4 Book. 2, Hadees. 2058]

Refer lesson no. 60 to 67 to learn about Ruqyah, it is a spiritual treatment by using Quranic verses, Dua of Nabi 🍇 & etc

#### One should do Dua as well as use medicine: -

Please read & learn the way Nabi  $\ensuremath{\text{\$}}$  did Dua in the below Hadees.

52. Nabi ه advised his wife to apply sweet flag (غزيرة) (Zarirah) because she had a blister on her finger & Nabi ه said "Also do Dua to Allah Ta'ala" saying: "Who makes big things smaller & makes small things bigger", "Make small that what I have" (means the blister).

[Mustadrak Al Hakim: 7463]

53. One of the wife of Nabi ﷺ says that, Nabi ﷺ asked "Do you have any sweet flag (فريرة) (Zarirah), she replied Yes, & (the respected) Nabi ﷺ applied it on a blister between his toes & did Dua "Oh! Allah, who

extinguishes that is big & makes big that which is smaller", "Extinguish it for me" & the blister got extinguished.

[Majma Al-Zawa'id: 8350]

### How to talk to an unknown or Oalb diseased person: -

1. Chapter (Sura) 33 Al-Ahzab, verse (Ayah) No. 32: -

<u>Translation</u>: O wives of Nabi! You are not like the other women: if you fear Allah, then you should not be complaisant while talking to the men who are not closely related to you, lest the one in whose Qalb (heart) is a disease may thereby be encouraged (desire) & speak using suitable good words.

(Because they are having QALB disease their desire may get provoked by very soft speech).

### About eating with sick, blind & lame: -

2. Chapter 24 (Sura) An-Noor, verse (Ayah) No. 61: -

**Translation:** There is no blame on the blind, nor there is blame on the lame, nor there blame on the sick to eat at your table.

### <u> About Fasting during illness: -</u>

3. Chapter (Sura) 2 Al-Baqara, verse (Ayah) No. 184: -

**Translation:** Fast the prescribed number of days; except if any of you is ill or on a journey, let him fast a similar number of days later. For those who cannot endure it for medical reasons, there is a ransom: the feeding of one poor person for each missed day. But if he feeds more of his own free will, it is better for him. However, if you truly understand the rationale of fasting, it is better for you to fast.

### Illness during Hajj or Umrah: -

4. Chapter (Sura) 2 Al-Bagara, verse no. Ayah 196: -

**Translation:** Complete the Hajj (obligatory pilgrimage to Makkah) & the Umrah (optional visit to Makkah) for the sake of Allah. If you are prevented from proceeding then send such offering for sacrifice as you can afford & do not shave your head until the offerings have reached their destiny. But if any of you is ill or has an ailment in his scalp which necessitates shaving, he must pay ransom either by fasting or feeding the poor or offering a sacrifice. If in peacetime anyone wants to take the advantage of performing Umrah & Hajj together, he should make an offering which he can afford; but if he lacks the means, let him fast three days during the Haji & seven days on his return making ten days in all. This order is for the one whose household is not in the precincts of the Sacred Mosque (Masjid). Fear Allah & know that Allah is strict in retribution.

### About Tayammum: -

5. Chapter (Surah) 4 An-Nisaa, verse (Ayah) 43: -

Translation: O believers! Do not offer your Salah when you are drunk until you know what you are saying; nor after seminal emission, except when you are travelling, unless you wash your whole body. If you are sick, or on a journey, or one of you has used the toilet, or has had contact with women (sexual relation with wives) & can find no water, then make Tayammum: take some clean earth & rub your faces & hands with it. Allah is Lenient, Forgiving.

A research report on uses of Allah's Names & Ouranic verses: -

The scientist *Masaru Emoto* & his team of Japan found out that, the Muslims recites **BISMILLAH** before eating/drinking. He says that after saying (reciting) **BISMILLAH** on regular water, some positive changes occur in the quality of regular water. That makes it the best water.

Masaru Emoto said: "My Muslim colleague offered to recite Quranic verses over the water. He brought a tape-recorder & played some Ouranic verses & we got the most perfectly-shaped crystals. Then he played the 99 names of Allah Ta'ala. Each name produced a uniquelyshaped crystal.

He also found out that if someone recites the Quran on regular water, it gets the ability for the treatment of different diseases.

(Please refer lesson no. 37 Zamzam for more details).

### Question & Answer regarding uses of inhalers in Ramzaan / Fasting:

Answers given by General Supervisor: Shaikh Muhammad Saalih Al-Munajjid & Shaikh Muhammad Ibn Saalih Al-'Uthaymeen.

**Question:** Is it permissible to use a nasal spray that contains a percentage of alcohol? Does it break the fast for one who is fasting? I have an allergy to dust that causes me to sneeze continually (as much as 60 sneezes in succession). The doctor has prescribed for me medicine in a spray that contains 0.25% of alcohol. I only use this medicine in urgent cases, but I do not know whether it is permissible for me to use this medicine or not. & what is the ruling on using it in Ramzaan in particular?

**Answer:** We inform you that there is nothing wrong with using this medicine that contains that percentage of alcohol, which is very low & is dissolved in the medicine & there is no apparent trace of it, so it does not come under the ruling prohibiting alcohol. We have quoted the fatwas of the scholars concerning that. Using sprays for allergies does not invalidate the fast according to the correct opinion, whether they are administered through the nose or through the mouth, as they are in the form of vapour & do not contain any solid matter that enters the stomach.

**Question:** I have an allergy that affects my nose & I use a nasal spray to treat it. If I do not use it, it causes me great difficulty in breathing & I cannot do without the medicine for more than three hours. If I do not use it, it will make breathing very difficult. The problem is that the month of Ramzaan is coming & I use this medicine & am afraid it will affect my fast, but if I stop using it I cannot cope. Please note that on some days in Ramzaan, I did use it but I am very careful to prevent it from reaching my throat. What is the ruling on that? & what is the ruling on using it?

Answer: The spray that you are using is like a kind of gas because it is dispersed in the air & does not reach the stomach. As that is the case, we say that there is nothing wrong with using this spray when you are fasting & you are not breaking the fast by doing that because – as we have said – no part of it reaches the stomach because it is something that is dispersed in the air & disappears & no particle of it reaches the stomach such that we could say that it is something that breaks the fast. So it is permissible for you to use it when you are fasting.

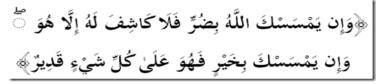
[Fataawa Noor 'ala al-Darb, tape. 44]

Dear members these above are the principles of treatment, we know how many principles we follow. Bring the above principles in your treatment plans during illness & Inshaallah all diseases will be curable.





And We send down of the Quran that which is a healing and a mercy to those who believe... (Quran, Surah Al-Israa, 17:82)



"And if Allah touches you with harm, none can remove it but He, and if He touches you with good, then He is Able to do all things" [Surah Al-AnAam, 6:17]

......This lesson has 23 Hadees & 5 Quranic references.......

# Lesson No. 3 Kind of diseases according to Tibb-e-Nabawi &

#### Diseases according to The Holy Quran

#### Diseases of Qalb: -

1. Chapter (Sura) 2 Al-Bagara, verse (Ayah) No. 10: -

**Translation:** There is a disease of deception in their Qalb (heart); & Allah lets their disease increase & they shall have painful punishment for the lies they have told.

2. Chapter (Sura) 74 Al-Muddaththir, verse (Ayah) No. 31: -

**Translation:** & that those in whose Ouloob (hearts) there is a disease & the disbelievers may say: "What could Allah mean by this parable?"

3. Chapter (Sura) 24 An-Noor, verse no. (Ayah) 48-50: -

**Translation:** When such people are called to Allah & His Rasool that He may judge between them, behold! A party of them decline to come. However, if they have the truth on their side, they come to him voluntarily. Is there a disease in their Quloob (hearts)? Either they are skeptical, or else they fear that Allah & His Rasool will deny them justice. Nay! In fact they are the ones who are the wrongdoers.

#### How to talk to an unknown or Qalb diseased person: -

4. Chapter (Sura) 33 Al-Ahzab, verse no. (Ayah) 32: -

Translation: O wives of Nabi! You are not like the other women: if you fear Allah, then you should not be complaisant while talking to the men who are not closely related to you, lest the one in whose Qalb (heart) is a disease may thereby be encouraged (desire) & speak using suitable good words.

(Because they are having QALB disease their desire may get provoked by very soft speech).

#### About eating with sick, blind & lame: -

5. Chapter 24 (Sura) An-Noor, verse no. (Ayah) 61: -

<u>Translation:</u> There is no blame on the blind, nor there is blame on the lame, nor there blame on the sick to eat at your table.

# About Fasting during illness: -

6. Chapter (Sura) 2 Al-Baqara, verse no. (Ayah) 184: -

<u>Translation:</u> Fast the prescribed number of days; except if any of you is ill or on a journey, let him fast a similar number of days later. For those who cannot endure it for medical reasons, there is a ransom: the feeding of one poor person for each missed day. But if he feeds more of his own free will, it is better for him. However, if you truly understand the rationale of fasting, it is better for you to fast.

# Illness during Hajj or Umrah: -

7. Chapter (Sura) 2 Al-Baqara, verse no. Ayah 196: -

# فَمَنُ كَانَ مِنْكُمْ مَرِيضًا أَوْ بِهِ أَذًى مِنْ رَأْسِهِ فَفِدُيَةٌ مِنْ صِيَامٍ أَوْ صَدَقَةٍ أَوْ صَدَقَةٍ أَوْ صَدَقَةٍ أَوْ صَدَقَةٍ لَمْنُ مِنْ مِينَامٍ أَوْ نُسُكِ

Translation: Complete the Hajj (obligatory pilgrimage to Makkah) & the Umrah (optional visit to Makkah) for the sake of Allah. If you are prevented from proceeding then send such offering for sacrifice as you can afford & do not shave your head until the offerings have reached their destiny. But if any of you is ill or has an ailment in his scalp which necessitates shaving, he must pay ransom either by fasting or feeding the poor or offering a sacrifice. If in peacetime anyone wants to take the advantage of performing Umrah & Hajj together, he should make an offering which he can afford; but if he lacks the means, let him fast three days during the Hajj & seven days on his return making ten days in all. This order is for the one whose household is not in the precincts of the Sacred Mosque (Masjid). Fear Allah & know that Allah is strict in retribution.

#### About Tayammum: -

8. Chapter (Sura) 4 An-Nisaa, verse no. (Ayah) 43: -

**Translation:** O believers! Do not offer your Salah when you are drunk until you know what you are saying; nor after seminal emission, except when you are travelling, unless you wash your whole body. If you are sick, or on a journey, or one of you has used the toilet, or has had contact with women (sexual relation with wives) & can find no water, then make Tayammum: take some clean earth & rub your faces & hands with it. Allah is Lenient, Forgiving.

# **Classification of disease**

1. Physical diseases 2.
Psychological diseases

3.
Spiritual
diseases (soul
diseases)

**Physical diseases:** (Bodily diseases) are diseases of body parts like organ, blood, bones, hair, skin etc in it both anatomical & physiological diseases are included.

**Psychological diseases:** (Diseases of Qalb) are diseases of mind, (according to Islam) doubt, error in thoughts, lust & desire are the major psychological diseases. (Also excessive liking of money, forgetfulness of Allah Ta'ala are among diseases).

*Spiritual diseases:* (Diseases of soul) are envy, jealously, enematic feelings (dushmani), ego (takabbur) etc.

#### **Points**

- We should seek treatment for all the above types of diseases. We are mostly concern only about physical diseases & health, & neglect the psychological & spiritual diseases.
- In Quran & Hadees we get references of diseases & their treatment with herbs, water, honey, Quranic verses, Dua, Ruqyah & etc.
- These are for us; we rely on doctors only, though doctors only know about physical & some psychological diseases & do not know about spiritual diseases.
- Let's not neglect any more, life is too short, we & our new generation is completely ignorant about treatment principles of Nabi & nor do we try to learn it.

- We should have special courses designed, so that we all can learn & teach the principles of Nabi & get enlightened with Barkat of Sunnah.
- Nabi sused Ruqyah or Dua to get cure, also taught us to do the same, there are many Hadees about using Ruqyah & Dua as treatment, means they use to get cure by Allah's will with Ruqyah or Dua only.
- Sahabah were well versed with the principles of treatment of Nabi & got great success in this field.
- We lack for the knowledge of the medical science of our Nabi & & are suffering a lot.

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Fruits Sections				
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In Holy Quran, in Sura Waagia verse no. 20 & 21 & Sura Toor verse no. 22; fruits are mentioned first (before).

- 1. Sura Waagia verse no 20 & 21 says "And with fruits that they may choose, & the flesh of fowls, that they desire".
- 2. Sura Toor verse no. 22 says, "And we shall provide them with fruits & meat, such as they desire.



So fruits section is written first.

# Lesson no. 4 Watermelon (البطيخ) & Mashmelon.





#### **Names**

- 1. It is called Bathikh (البطيخ) in old Arabic.
- 2. In new Arabic Mashmelon is called as Bathikh (البطيخ).
- 3. In new Arabic watermelon is called as Jabjab.
- 4. In Hadees watermelon is called as Bathikh (البطيخ).
- 5. According to scholars, Bathikh (البطيخ) mentioned in Hadees is Watermelon.
- 6. But many scholars consider Bathikh as Mashmelon (Kharbuza).
- 7. We can consider both.
- 8. In English it is called as Watermelon.
- 9. In Hindi & Urdu it is called as Kalinger, Tarbuz.

Arabic words written in below references are the words mentioned in respected Hadees. You can confirm the references of Hadees at sunnah.com & Al-Maktab Al-Shamilah (المكتبة الشاملة) also. You can visit my website at <a href="https://www.tib-e-nabi-for-you.com">www.tib-e-nabi-for-you.com</a> or bloggers at <a href="https://www.drshakeel-tibenabi.com">www.drshakeel-tibenabi.com</a>

# Prophet ﷺ's guidance about water melon (البطيخ): - `

# Neutralizing Hot Potency with cold potency (Watermelon (البطيخ) & Dates (الرطب): -

Hazrat A'isha رضى الله عنها narrates that Nabi ه used to eat watermelon (البطيخ) with dates (الرطب) (fresh ripen dates) (tazi paki khajur).

[Tirmizi: 1843; Book. 25; English vol. 3; Book 23; Hadees. 1843]

Hazrat Anas چه narrated that Nabi چه ate musk-melon (الوُّطَابِ) & dates
 (الوُّطَابِ) together.

[Shama'il Muhammadiyah: 199; Book no. 30; English Book: 29; Hadees: 190]

3. Hazrat A'isha رضى الله عنها narrated that Nabi ه use to eat watermelon (البطيخ) with dates (الرُطّب) & use to say, heat of the one is broken by the coolness of the other & the coolness of the one by the heat of the other.

[Abu Dawud: 3836; Book. 28; English Book. 27; Hadees. 3827]

# Eating watermelon (البطيخ) on empty stomach: -

4. Nabi ﷺ guided that eating watermelon (البطيخ) before meal (empty stomach) cleans the stomach & removes diseases.

[Faizul Qadeer: 10014]

# Content of it: -

Water, vitamin C, vitamin A, vitamin B2, sulfur, phosphate, sugar, iron, copper, sodium, potassium, calcium, manganese, protein, chlorine & etc.

#### Scientific benefits of water melon: -

- 1. The green colored is best, (means outer green).
- ascities (water collection in abdomen)
- cleans the stomach.
- 4. Helpful in kidney stones & increases urine output
- wrinkles, it is best & it reduces ageing because it is rich in water, vitamin C,

- diseases, skin & removes
- 7. Helps reducing chances of
- radicals out of the body).
- 9. Good for pregnancy & best in motions & dehydration.

#### Science & Hadees regarding melons: -

Melons are one of the best recommendations for health Nabi & has given us. Melons are one of the fruits rich in both vitamin C & Beta-Carotene. In addition, half a melon contains 825 milligrams of potassium (24% of the USRDA). The body uses potassium to help eliminate excessive sodium, which in large amounts can cause blood pressure to rise. In fact, in an international study of more than 10,000 people, researchers found that those with the highest potassium levels had the lowest blood pressures. In addition, potassium helps keep the body's LDL (dangerous cholesterol) from sticking to the arterial walls.

Melons also provide nutrient called folate, vitamin B complex, which is essential in combating birth defects & heart diseases. "Prevention's New Foods for Healing guide" mentions a study of almost 4,000 mothers that revealed that those who got enough folate were 60% less likely to have children with brain & spinal cord defects. Additionally, men get benefit from folate too. It controls the levels of a chemical called "homocysteine" in the body, which when allowed existing in excess can contribute to artery clotting & thus heart disease.

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# Watermelon & Dates together: -

Match the nutrition of both & judge both are opposite to each other & both in combination make a perfect nutrition. This is miracle of Sunnah of Prophet & eating both together.

Nutritional value of dates. 100 grams of dates has 282 calories.		Nutritional value of watermelon. 100 grams of watermelon has 30 calories only		
Water content in dry dates	10% - 20%	Water content in watermelon	92%	
Total Fat 0.4 g	0%	Total Fat 0.4 g	0%	
Saturated fat 0 g	0%	Saturated fat 0 g	0%	
Polyunsaturated fat 0 g		Polyunsaturated fat 0 g		
Monounsaturated fat 0 g		Monounsaturated fat 0 g		
Cholesterol 0 mg	0%	Cholesterol 0 mg	0%	
Sodium 2 mg	0%	Sodium 1 mg	0%	
Potassium 656 mg	18%	Potassium 112 mg	18%	
Total Carbohydrate 75 g	25%	Total Carbohydrate 8 g	25%	
Dietary fiber 8 g	32%	Dietary fiber 0.4 g	32%	
Sugar 63 g		Sugar 6 g		
Protein 2.4 g	4%	Protein 0.6 g	4%	
Vitamin A	0%	Vitamin A	11%	
Vitamin C	%	Vitamin C	13%	
Calcium	3%	Calcium	0%	
Iron	5%	Iron	1%	
Vitamin D	0%	Vitamin D	0%	
Vitamin B6	10%	Vitamin B6	0%	
Magnesium	10%	Magnesium	2%	

# **Conclusion of Hadees: -**

1. Eat dates with watermelon together or eat Muskmelon with dates. Coolness of Melon beats the heat of dates. Eat it on empty stomach.

.....This lesson has 4 Hadees......

# Lesson no. 5 Fig (Injeer) (التين): -





#### **Names**

- 1. It is called Teen (التين) in Quran, Hadees & Arabic.
- 2. Fig in English.
- 3. In Latin it is called Ficus carica Linn.
- 4. In Persian, Urdu & Hindi it is called as Injeer.

# Quranic references: -

In Sura Teen, chapter No. 95, Verse no. 1, 2, 4. Allah Ta'ala took oath of Teen (التين) (Injeer), olive & Mount Sinai, this is regarding that human has been created in the best form. (Allah Ta'ala says).

# Prophet ﷺ's guidance about Injeer (التين): -

# Teen (Injeer) From Jannah: -

1. Hazrat Abu Darda الاتين) (Injeer) was presented to Nabi ه once & Nabi ه said us, to eat it & further said, if anyone asks me, that any fruit has been sent from paradise (الجنة), so I will say, this is the fruit, (fig) & yes it is from paradise (الجنة) & is

amongst the dry fruit of paradise (Jannah) & also said, eat it, & it is a cure for piles (النقرس) & arthritis (النقرس).

[Ibn Abu Bakr Al Jauzi / At-Tibb Al-Nabawi Harfutta]

Hazrat Abu Zar 
also narrates the same above, with difference in some words.

[Kanz al-Ummal: 28280]

#### Reciting Chapter 95 (Sura) TEEN in journey Salah: -

3. Hazrat Bar'a Bin Aazib التين say that Rasoolullah العن use to recite *Chapter 95 (Sura) Teen* (التين) during the 'Isha' prayer. I have never heard anyone reciting it in a more beautiful voice than His ...

[Riyad as-Salihin: 1006; Book. 9; English Book. 9; Hadees no. 16]

4. Hazrat Bar'a الله say that Rasoolullah الله was on a journey & recited in one of the first two rak`at of the Isha' prayer "والتين والزيتون" (Teen).

[Bukhari: 767; Book. 10; English vol. 1; Book. 12; Hadees. 734]

#### Content of it: -

Sugar, vitamin A, B1, B2, C, D,K, carotene, nitrogen, iron, calcium, copper, fibers, cellulose, malic acid, sodium, potassium & etc.

# Scientific benefits of Figs: -

- 1. It is easy to digest.
- 2. Reliefs stomach pain.
- 3. Best for pregnancy.
- 4. Good for infants (newborn) suffering from hydrocephalus (collection of fluid in the brain & due to it the size of head becomes bigger).
- 5. Reduces acidity.
- 6. Ripen whitish colored is best.
- 7. Cleans liver, throat, spleen etc.
- 8. Good in prostrate problems.
- 9. Reduces cough & clears the lungs.
- 10. Should not be eaten excessively, it may cause lice problem.
- 11. Removes constipation.
- 12. Helps in gums infection, tumors, cancers etc.
- 13. It increases urine output
- 14. Best if eaten on empty stomach (dry or wet anyone).

- 15. Removes kidney stones.
- 16. Protects from poisoning.
- 17. Dried one is good for nerves.
- 18. Has vitamin B1, B2, vitamin C, carotene, vitamin A, iron, calcium,
- 19. Has copper, malic acid, sugar, nitrogen, vitamin k, fibers, cellulose etc.
- 20. It increases haemoglobin.
- 21. For throat infection, dip 1 Injeer in 40 ml water for some time & drink it before meal, three times a day, for 3 to 5 days.
- 22. Increases milk production.
- 23. Best in measles, dengue, lungs infection,
- 24. Can be use with other medicines.
- 25. Best for pregnancy but only one fig a day.
- 26. Also can be used on skin ulcers & wounds (wet one) smash it & apply on the wound.
- 27. It is also helpful in menstrual irregularities.
- 28. Can be use all season.

# Science & Hadees regarding Figs: -

Nabi said regarding figs that, "If I had to mention a fruit that descended from paradise (Jannah) I would say this is it, because the paradisiacal fruits do not have pit, eat from these fruits for they prevent hemorrhoids (piles) & help gout" (Arthritis).

Figs are a top source of fiber, as well as potassium & vitamin B6. Fiber results in bulkier stools, which lessen the incidence of constipation, hemorrhoids & colon (large intestine) cancer. Fiber also lowers cholesterol & the risk of heart disease.

Just one fig provides 20% of the (USRDA) fiber. A Harvard University study of 43,757 men of 40 to 75 age were found that those who got the most fiber had about half the risk of getting a heart attack as those who got the least. Furthermore, men who add 10 grams of fiber a day to their diet (6 figs) lowered their incidence of heart disease by 30%.

# **Conclusion of Hadees: -**

# Lesson no. 6 Pomegranate (Anaar) (الرمان):





#### **Names**

- 1. It is called Rumman (الرمان) in Hadees, Quran & Arabic.
- 2. In Hindi it is called as Anaar.
- 3. In Sanskrit it is called as Dadim.
- 4. In Latin it is called as Puncia grapatum Linn.
- 5. Its family is Punicacea.
- 6. In English it is called as Pomearanate.

# <u> - (الرمان): - Ouranic references of Pomegranate (Anaar) (الرمان): -</u>

Its reference in Quran is in Chapter 6 (Sura) An'am verse (aayah) no. 99 & 141 & Chapter 55 (Sura) Rahmaan verse no. 68.

# Prophet ﷺ's guidance about Anaar (pomegranate) (الرمان): -

# One seed of JANNAH in every Rumman (Anaar): -

1. Hazrat Anas الرمان once asked to Rasoolullah ه about Rumman (الرمان) (pomegranate) (Anaar); Rasoolullah ه replied that there is no Rumman (الرمان) (pomegranate) (Anaar) in which there isn't one seed (عبة) of Jannah's (pomegranate) Anaar (عبة).

[Abu Nu-aim: 363]

(Means every Rumman (الرمان) (pomegranate) (Anaar) has one seed (حبة) of Jannah).

2. Hazrat Abdullah Bin Abbas رضى الله عنها had a habit, whenever he found or got a grain (حبة) of Anaar (pomegranate) (Rumman) (الرمان) he use to eat it & use to say, there is no Rumman (الرمان) (pomegranate) (Anaar) which do not have an element of Jannah (الجنة) in its grain (حبة) (dana).

[Abu Nu-aim: 802]

# Eat Internal coating (Parda) of Rumman (Anaar): -

3. Hazrat Ali says that Nabi said, eat Rumman (الرمان) (pomegranate) (Anaar) & its internal coating (a thin membrane like), it coats the stomach.

[Abu Nu-aim: 365]

(The coating acts on healing of gastric ulcers & is beneficial for whole intestine). **Rumman enlightens the Qalb:** -

4. Hazrat Ali الرمان) (pomegranate) (Anaar), Allah will enlighten (noor) his Qalb (heart).

[Abu Nu-aim: 801]

# Eat Rumman to drive away the shaitaan: -

5. It is mentioned in Abu Nuaim that anyone who eats Rumman (الرمان) (pomegranate), shaitaan runs away from him.

[Abu Nu-aim: 363]

#### Other references in Deeni Books

- 1. Hazrat Ibn Qayyim (ra) said sweet Anaar is good for digestive system & gives strength.
- 2. Anaar is hot in potency & juicy.
- 3. Good for throat, lungs, chest diseases & reliefs cough.
- 4. Its juice is Laxative (induces stools), increases sexual desire, but should not be use in fever.
- 5. The sour one is good in stomach infections & increases urine output.
- 6. It stops motion, diarrhea, vomiting & etc.
- 7. Al Razi 🐗 says that sour reduces sexual desire.
- 8. Best if eaten on empty stomach.

#### Contents of it: -

Vitamin C, calcium, phosphates, sulphur, sodium, potassium, tannin, protein, water, iron, phosphate, manganese & etc.

#### Scientific benefits of pomegranate: -

- 1. There are 3 types of pomegranate: sweet, sour & slight bitter (The reddish coloured is best).
- 2. The sweet one is rich in sugar, water, protein (in seeds), fibers, tannin, citric acid, minerals, iron, phosphate, sulphur, calcium, potassium, manganese, vitamin C etc.
- 3. The sour one has less sugar & more citric acid, more protein in seeds, more carbohydrate.
- 4. The outer skin of it has tannic acid & is good for diarrhea, dysentery, bleeding in digestive tract.
- 5. Boil the skin of it, in little water for 15 minutes on low flame, than filter it & drink it 2 to 4 times during motions.
- 6. Eat it on empty stomach, it is good for digestion & strengthen the heart, lungs, liver etc.
- 7. Its skin is used to fix the color while dying (And also used with Mehndi). (Means the skin should be boiled in water & this water should be used).
- 8. Protects from gouts (Gouts means increased uric acid in blood & collection of it in various parts of body).
- 9. Good in infection like dengue, malaria, flu,
- 10. Helpful in viral infection, cold, coughs, gums & mouth problems, & also reduces swelling.
- 11. Good for high BP, piles,
- 12. Best for colitis, anemia, arthritis, TB etc.
- 13. Its flower is called as Gulnar & good for health.
- 14. Its skin root is also very helpful.
- 15. It is best in pregnancy, old, ill & children.
- 16. Anaar Dana (dried seeds) is good for digestion & acidity.
- 17. Removes weakness.
- 18. Can be used all season.

# Science & Hadees regarding pomegranate:

Hadees says that pomegranate enlightens the Oalb (heart), this is clinically proven that it is beneficial for heart disease. Pomegranate juice or pomegranates are under research for healing heart diseases, risk factors including reduce in

Including LDL oxidation, macrophage oxidative status & foam cell formation. In a limited study of hypertensive (blood pressure) patients, consumption of pomegranate juice for two weeks was shown to reduce systolic blood pressure by inhibiting serum angiotensinconverting enzyme (ACE inhibitor). It has sugars, Vitamin C & Iron from fruit juice, Tannic acid from rind & alkaloid pelletierine from bark.

As Hadees mentions that it has an element of Jannah, this is only said for pomegranate fruits only, it is yet to research what chemical that might be, but it has miraculous results in treatment. & WE ALL should use them, they are rich in fibers thus cleans the digestive system. It kills bacteria also. Its outer skin & internal coating are very beneficial for health, especially its skin when boiled in water, this water helps in stopping loose motions.

The major class of phytochemical present in pomegranate is the polyphenols & includes flavonoids, condensed tannins & hydrolysable tannins. Hydrolysable tannins are predominant polyphenols found in pomegranate juice & account for 92% of its antioxidant activity. Pomegranate seeds are rich in sugars, polyunsaturated (n-3) fatty acids, vitamins, polysaccharides, polyphenols & minerals & have high antioxidant activity. When crushed & dried, the seeds produce oil with 80% punicic acid, the 18-carbon fatty acid, along with the isoflavone genistein, the phytoestrogen coumestrol & the sex steroid estrone. The seed coat of the fruit contains delphinidin-3-glucoside, delphinidin-3, 5- diglucoside, cyanidin-3-glucoside, cyanidin-3, 5-diglucoside, pelargonidin-3- glucoside & pelargonidin-3,5-diglucoside with delphinidin 3,5-diglucoside being the major anthocyanin in pomegranate juice.

# **Conclusion of Hadees: -**

Every pomegranate has one element of Jannah in it. Eat internal coats (parda) of it, which is inside the fruit between lobes. It is beneficial in disease. By eating it shaitaan run way. It enlightens the Qalb (heart).

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# Lesson no. 7 Grapes & Dried Grapes Raisins (الزبيب): الزبيب):







#### **Names**

- 1. It is called A'nab (plural) & I'nab (singular) & in Arabic & Quran.
- 2. In Hadees dried Grapes (Raisins) are called as Zabib (الزبيب).
- 3. In Hindi, Urdu, Persian it is called as Angoor & dried one is called as Munakka, Kishmish.
- 4. In Latin it is called as Puncia grapatum Linn.
- 5. In Sanskrit it is called as Draksha.
- 6. In Latin it is called as Vitis vinifera Linn.
- 7. Family is Vitaceace.
- 8. In English dried grapes are called as Raisins.

# <u> - (الرمان) (Quranic references of Anaar. (Pomegranate)</u>

There are 11 references about Grapes in Quran, in singular & plural form.

There are 11 refere	siices about di ape	in Qui aii, iii siii	guiai
1. Chapter 2	Sura Baqara	verse no.	266.
2. Chapter 6	Sura An'am	verse no.	100.
3. Chapter 13	Sura Ra'ad	verse no.	4.
4. Chapter 16	Sura Nahl	verse no.	11.
5. Chapter 16	Sura Nahl	verse no.	67.
6. Chapter 17	Sura Bani-Israel	verse no.	91.
7. Chapter 18	Sura Kahf	verse no.	32.
8. Chapter 23	Sura Mu'minun	verse no.	19.
9. Chapter 36	Sura Yaaseen	verse no.	34.

10. Chapter 78 Sura Nabaa verse no. 31-32. 11. Chapter 80 Sura Abas verse no. 28.

#### Prophet ﷺ's guidance about Zabib (dried Grapes) (الزبيب): -

#### Benefits of Dried Grapes: -

1. Hazrat Tamim Aldari الله once gifted some Raisins (dried grapes) (الزبيب) (Munakka) to Nabi & Nabi took them in His Hands & said, eat this, it is a healthy meal, removes tiredness, cools the anger, gives strength, makes food sweet smelling, reduces phlegm (البلغم), brightens the face.

[Abu Nu-aim: 371]

2. Hazrat Ali الله says that Nabi said that for your benefits there are Raisins (dried grapes) (الزبيب) (munnaka), these improves the complexion, reduces phlegm (البلغم), strengthens the organs, removes tiredness, improves mood, increases good smell in breath & removes sorrow (grief).

[Abu Nu-aim: 319]

# <u>Dried Grapes in Inferior Complex: -</u>

3. Hazrat Ali له says that Rasoolullah هه said that those who take 21 Raisins (dried grapes) (الزبيب) (Munakka) daily, will be free from all diseases which give rise to inferior complex.

[Abu Nu-aim: 813]

# Dried Grapes sharbat (syrup) (Nabiz): -

4. Narrated by Abu Saeed Al-Khudri & that Nabi & forbade (disallowed) mixing Al-Busr (fresh unripen dates) with dried dates, or raisins with dried dates, or raisins with Al-Busr (fresh unripen dates) ,and He & said: 'Whoever among you (wants to) drink them, let him drink each one of them on its own: dried dates on their own, or Al-Busr on their own, or raisins on their own (Separately)".

[An-Nasa'i: 5568: Book. 51; English vol. 6; Book. 51, Hadees. 5571]

Drink them in Hadees means that we should not soak the above two together to prepare Nabiz. This nabiz is syrup (sharbat) of the above when soaked in water. We can soak anyone of above & drink the Nabiz but not together. Please see the other Hadees.

5. Narrated by Ibn Abbas رضىالله عنهها that "Nabiz would be made for Nabi ﷺ

& He so would drink it on the same day, or the next day, or the third day & if there was any left he would throw it away or give orders that it was to be thrown away."

[Ibn Ma-jah: 3525: Book. 30; English vol. 4; Book. 30, Hadees. 3399] (Because it may turns alcoholic after 3 days).

6. Ruqaiyah Bint Amr Bin Saad رخى الله عنا "I was under the care of Ibn Umar & raisins would be soaked for him & he would drink them in the morning, then the raisins would be left to dry & other raisins would be added to them & water would be poured on top of them & he would drink that in the morning. Then the day after, he would throw them away."

[An-Nasa'i: 5702: Book. 51; English vol. 6; Book. 51, Hadees. 5705]

(Please note that the soaked raisins were not eaten).

(Grapes syrup (sharbat) means Raisins (dried grapes) were soaked in water for Rasoolullah & Rasoolullah as Nabiz).

7. Narrated by A'isha رخىالله that "We used to make Nabiz for Nabi ه in a water skin. (Water bag made by animal skin) We would take a handful of dates or a handful of raisins & put them in it, then pour water over it. We would make that in the morning & He ه would drink it in the evening, or we would make it in the evening & He ه would drink it in the morning."

[Ibn Ma-jah: 3524: Book. 30; English vol. 4; Book. 30, Hadees. 3398]

(Means we should soak the raisins for few hours, example 5 to 7 hours or more).

# Dates & dried Grapes are prohibited to soak together to prepare Nabiz: -

8. Narrated from Ibn Abi Laila, from one of the Companions of Nabi ## that Nabi ## guided us to never soak Balah (Raw dates) & Tamar (dried dates) together & dried dates (قرر) & Raisins (dried grapes) (الزبيب) together. (For making Nabiz)

[An-Nasa'i: 5547: Book. 51; English vol. 6; Book. 51, Hadees. 5549]

9. Hazrat Ibn Umar رض الله عبيا reported that he was forbidden to prepare Nabiz by mixing unripe dates & fresh dates & dates with grapes.

[Muslim: 1991A; Book no. 36; English Book. 23, Hadees no. 4911]

**10.** Narrated by Jabir sthat Nabi said "Do not mix raisins & dried dates, nor Busr (fresh unripen dates) & Tamar (dried dates)".

[An-Nasa'i: 5555; Book. 51; English vol. 6; Book. 51, Hadees. 5557]

11. Hazrat Ibn Abbas رخى الله reported that Nabi ه forbade the mixing of dates & grapes together & mixing of unripe dates & ripe dates together (for preparing Nabiz) & he wrote to the people of Jurash (in Yemen) forbidding them to prepare the mixture of dates & grapes.

[Muslim: 1990A; Book no. 36; English Book. 23, Hadees. 4910]

#### About At-tila (thick grapes juice): -

**12.** Narrated by Saeed Bin Al-Musayyab that "When At-tila' (thickened grape juice) has been cooked & reduced to one-third (by boiling), then there is nothing wrong with it".

[An-Nasa'i: 5723; Book. 51; English vol. 6; Book. 51, Hadees. 5726]

**13.** Abu Raja' said: "I asked Al-Hasan about At-tila' (thickened grape juice) that has been reduced to half. He said: 'Do not drink it".

[An-Nasa'i: 5724; Book. 51; English vol. 6; Book. 51, Hadees. 5727]

# Rule of boiling our drinks: -

**14.** Narrated by Abdullah Bin Yazad Al-khatmi that Umar Bin Al-Khattab wrote to him (saying) cook (boil) your drinks until the share of shaitaan is gone, for he has two share & you have one (means boil till 1/3 is left over & 2/3 is evaporated).

[An-Nasa'i: 5717; Book. 51; English vol. 6; Book. 51, Hadees. 5720]

# **Grapes wine Prohibited: -**

15. Hazrat Tariq Bin Suwayd Hijri says that he asked to Nabi says that in our land there are grapes which we squeeze (to make wine). Can we drink from it?' Nabi sanswered 'No.' I repeated the question & said: 'We treat the sick with it.' He said: 'That is no cure, it is a disease."

[Ibn Ma-jah: 3629: Book. 31; English vol. 4; Book. 31, Hadees. 3500]

16. Hazrat Ibn Umar رضى الله عنها said: "Khamr is made from five things: From dates, wheat, barley, honey & grapes".

[An-Nasa'i: 5580; Book. 51; In English vol. 6; Book. 51, Hadees. 5583]

(We are not allowed to drink khamr (Alcohol).

#### Seeds & Inner Pulp of dried Grapes: -

17. Hazrat Ibn Abbas رضى الله عنهيا says that Nabi ﷺ said that, eat Raisins (dried grapes) (الزبيب) (munnaka), but remove its seeds because there an aliment (in it) & there is cure in inner pulp.

[Zahbi & Healing with the medicine of the Prophet # page no. 278]

#### How to use grapes, eat it as follows: -

- 1. Eat raw ripen fruit (means fresh condition).
- 2. Eat Raisins (dried grapes) of small size or big size.
- 3. Eat raw either fresh fruit or dried (But not together).
- 4. Best is soaked in water & drink the water (Syrup).
- 5. Please wash all types of grapes before use.
- 6. Open the dried grapes & soak it in water.
- 7. Seeds can be thrown.
- 8. Cooked with food & dishes.
- 9. Can be eaten with watermelon.
- 10. Eat on empty stomach.
- 11. Never eat after meals.
- 12. Best eaten on empty stomach, early morning.
- 13. Do not use with dates.

# Contents of it: -

protein, calcium, vitamin A, D, C, B1,B2, B12, sugar, carbohydrate, fibers, sodium, potassium, iron, magnesium & etc.

# Scientific benefits of grapes: -

It relieves fever, cough & lungs infection. It is good for digestion, constipation, beneficial in all disease, removes weakness & good for skin, organs, etc.

# Important please note: -

- 1. Please wash the dried, fresh grapes, before use.
- 2. Open the dried grapes & soak in water,
- 3. The seed can be removed & thrown away.

#### Science & Hadees regarding grapes & dried grapes: -

Grape juice has recently been found to be an important source of Flavonoids that can lower risk for cancer, lowers cholesterol, prevent hardening of the arteries & fight heart disease. In 1996 scientists noticed that although the French ate four times more butter & lard as Americans & had higher cholesterol & blood pressure that they had two & a half times less incidence of heart attacks. (Because French people drink grapes juice more).

The general public was thrilled when the conclusion was finally made that the Flavonoids in red wine were responsible. (Wine is Haram), However, We can now celebrate over the recent finding that grape juice contains the same Flavonoids & nutrients as red wine (in about half the concentration) with none of the undesired side effects of alcohol (grapes wine).

Uses of Raisins in cold & cough: - Grapes are one of the most effective home remedies for the treatment of a cough. Grapes tone up the lungs & act as an expectorant (removes cough), it also relieve cold & cough in a couple of days. A cup of grape juice mixed with a teaspoon of honey is advised for cough relief. Grind up 3 ounces of raisins, adding water to make a paste. Add 3 ounces of white sugar & heat the mixture until it forms a sauce. Allow to cool. Take half an ounce of the mixture every night at bedtime.

# Conclusion of Hadees: -

- Raisins (dried grapes) removes tiredness, cools anger, strengthens the organ & body, reduces phlegm, improves complexion & mood, brightens the face & increases health.
- 2. 21 raisins are helpful in diseases or conditions causing inferior complex. Can drink its water soaked overnight (when alone soaked). Do not soak dates & Raisins together & nor drink.

# Lesson no. 8 Quince (Bahi, Safarjal) (السفرجل):





#### **Names**

- 1. In Hadees it is called as Safarjal (السفرجل).
- 2. In Urdu & Hindi it is called as Bahi, Bihi, Naaspati & pear.
- 3. In English it is called as Quince.
- 4. In Persian it is called as Shul.
- 5. In Sanskrit it is called as Amritphala.
- 6. In Latin it is called as Cydonia oblonga.

# Prophet &'s guidance about it: -

# Benefits of Safarjal (Quince) on Qalb, breathe, Chest & Heart: -

1. Hazrat Talha ه says that he went to Nabi ه & Nabi ه had Quince (Safarjal) (السفرجل) in His Hand & said, take it, oh! Talha for it soothes the heart.

[Ibn Ma-jah: 3494: Book. 29; English vol. 4; Book. 29, Hadees. 3369]

2. Hazrat Jabir Bin Ábdullah ه says that Nabi ه said: "Eat Quince (Safarjal) (السفرجل) because it heals cardiac problems & removes heaviness from chest.

[Kanz al-Ummal: 28258]

3. Hazrat Anas Bin Malik السفرجل says that Nabi ه said: "By eating Quince (Safarjal) (السفرجل), heaviness in Qalb (heart) reduces.

[Kanz al-Ummal: 28261]

4. Hazrat Auif Bin Malik says that Nabi said, Eat Quince (Safarjal) because it prevents Cardiac problems & strengthens the heart.

[Kanz al-Ummal: 28260]

#### Best Time to eat Safarjal (Quince): -

5. Hazrat Anas Bin Malik says that Nabi said, to eat Quince (Safarjal) (السفرجل) early morning on empty stomach.

[Kanz al-Ummal: 28259]

#### <u>Safarjal (Ouince) in Pregnancy: -</u>

6. Hazrat Abdullah Ibn Masood 🐗 says Nabi 🐉 said, that "Give your pregnant to eat Quince (Safarjal) (السفرجل) & Hazrat Auf Bin Malik 🐗 added, it prevents Cardiac problems & makes the baby son beautiful. [Al-Aasaar: 70 (Abdullah Ibn Masood) & Jamiul Ahadees: 15779 (Auf Bin Malik)]

#### Part used is seeds, fruits.

#### Content of it: -

Carbohydrates, sugar, dietary fibers, fats, protein, water, zinc, vitamin A, vitamin B2, B6, B12, follic acid, calcium, iron, vitamin C, magnesium, sodium, phosphorus, malic acid, pectin & etc.

# Scientific benefits of Safarjal (Quince): -

- 1. Helpful in tuberculosis, anorexia (lack of hunger), constipation, cardiac problems, coughs, cold.
- 2. Helps in bleeding, diabetes, injury, reduces inflammation.
- 3. It acts as an antibiotic, anti oxidant, anti septic, diuretic (increase urine output) tonic, alkaline & etc.
- 4. Can be eaten by all, all season in mild quantity.

# Science & Hadees regarding Quince: -

In Hadees, Quince is said to eaten on empty stomach it is good for the soul, تجم الفؤاد means that Quince pleases / strengthens the heart, & opens the coagulation (if clots are there). والطخاء للقلب is meant for darkness, like clouds or a sand storm cover the clear sky which is then un-seen, so Quince will do the same job for the heart, it will remove the blockage & the heart will be clear & healthy Inshaallah.

Quince is astringent to the stomach & it checks excessive menstrual flow. A few seeds soaked in water after a few minutes, will turn mucilage (thick sticky) which is an excellent remedy for cough & sore throat, especially in the young. Quince is also excellent for pregnant woman, gladdening their heart. The holy Prophet & said, "Eat Quince, for it sweetens the heart."

The best way to eat the quince is boiled or cooked in honey. The seeds of Quince (Safarjal) help against dryness in the throat, the windpipe & several other ailments. Its oil stops sweating & strengthens the stomach. Quince (Safarjal) jam strengthens the stomach & the liver & relieves the heart & the soul.

#### **Conclusion of Hadees: -**

1.	Quince soo	othes & st	rengthens	the	heart,	prevent	s &	heal	S	cardiac
	problems,	removes	heaviness	in	chest	(Qalb),	Eat	it o	n	empty
	stomach ea	arly morni	ng.							

There is 6 Hadees in this lesson

# Lesson no.9 Banana (طلح): •





#### **Names**

- 1. Quranic name is Talh. (وطلح منضود)

  Reference according to Hazrat Ali & Ibn Abbas رضى الله عنهما.
- 2. Arabic name is Mawz.
- 3. In Yemen it is called as Talh.
- 4. In Hindi & Urdu it is called as Kela.
- 5. In English it is called as Banana.

# Quranic reference of banana: -

1. Chapter 56 Surah *Waaqia* verse no. 29 (27 to 34). Allah Ta'ala says in above verses, about the rewards, to those on the right & they will be those on the right hand (they will be) among sidr (سرر) throne-less (lote) tree & among (وطلح منضود) *TALH* trees with fruits pilled one above another & in shades long extended.

Means the right path people will get their account (Naama-e-Aamaal) on the day of Qayamah on their right hand & these people will be people of Paradise (Jannah). Those who will get their account (nam-e-aamaal) in left hand will be people of hell (Janhnum).

#### References & characters of Banana tree: -

- **1.** Al-Tabari says that the phrase in the verse no. 28 means tree loaded with fruits & no throne (on the tree).
- 2. Hazrat Ibn Abbas رض لله عنبيا narrates that, verse no. 29 means loaded with fruits & Hazrat Ikrimah ه said, regarding verse no. 28, & 29, they means that they have no thrones & Talh are fruits pilled one above another.
- 3. The respected companion of Prophet & & Tab'ieen رحمهم says that *Talh* is Banana & Hazrat Ali & Ibn Abbas رضى الله عنها says that Talh is Banana & Hazrat Abu Saeed Al-khudri & says that Talh refers to banana & the people of Yemen call Banana as Talh.

#### Conclusion: -

- **1.** The Talh tree mentioned in Chapter 56 (Sura) Waaqia is tree of Paradise (Jannah). It is a reward from Allah Ta'ala to the righteous people. The description given in Chapter 56 (Sura) *Waaqia* verse no. 27 to 34, matches with 3 types of trees:
  - 1. Banana tree,
  - 2. Acacia Seyal (babul),
  - 3. Sidr (سىر) (lote tree) (Jujube)
- **2.** I do not say that the Talh tree mentioned in Chapter 56 (Sura) *Waaqia* are among above tree. But I only try to explain that the character matches with the above plants or trees. Please keep your mind broad.
- **3.** It may be confusing to many people, but there are some possible reasons, Allah's verses are for the whole world & all time. Allah Ta'ala wants us to research, learn & gain knowledge.

# Sayings About banana: -

- 1. It is known as Food of philosophers.
- 2. A banana a day keeps ulcers away.
- 3. It is known as an Excellent & smart mineral Food.
- 4. It is known as main sources of nutrition.
- 5. It is food of Intelligent.

- 6. Each 100mg of banana is equivalent to 100mg of meat.
- 7. It is known as the best food for vegetarians.

#### Contents: -

Rich in carbohydrate, sugar, water. It has starch, protein, vitamin C, B1, B2, B6 & B12. Also rich in minerals like potassium, iron, copper, phosphate, fluoride, calcium, cellulose, fibers, melatonin, other hormones & little sodium.

#### Scientific benefits: -

- 1. It is easy to digest, it increases digestion
- 2. It helps in scurvy diseases, flu, bronchitis, exhaustion, weakness & increases weight.
- 3. Reduces Blood pressure
- 4. Helps kidney function & protects atherosclerosis (hardening of arteries), teeth problems & etc.
- 5. Good in diarrhea, liver diseases, gastric ulcers, celiac diseases.
- 6. It is helpful in Sprue diseases.
- 7. Prevents acidity, acidosis & fermentation in stomach.
- 8. Maintain pH of stomach, blood & body.
- 9. Increases urine out-put.
- 10. Protects stomach linings & its layer.
- 11. Best for pregnancy & all stomach diseases.
- 12. Increases sperm counts, libido, youthfulness.
- 13. It is anti-ageing because it has melatonin.
- 14. Gives energy, helps brain growth, protects from all types of ulcers.
- 15. Good for athletes, exercising people, sports persons.
- 16. Good for children, old & young age people.
- 17. A good source of pre & post workout (exercise) food.
- 18. Good in taste.
- 19. Can be eaten raw or cooked in food.
- 20. Can be eaten all season.

#### Quantity & time to eat banana & its uses: -

One or two banana is enough a day for adults & for children up to 6 yrs half banana. Eat early morning, empty stomach or with breakfast. Those who do exercise can have more, 2 banana pre & 2 banana post workout.

It can be taken with milk. Those who have cough & cold can take it with black pepper, turmeric or honey.

Do not eat unripe banana because it has lot of starch. Eat the ripe banana because it is rich in protein, vitamin, calcium etc. Do not eat at night & do not eat with cold stuff.

Do not drink water after eating banana. Do not eat in diabetes & obesity. Raw is used in cooking purpose; making chips etc. Chew it properly. It is used in making jellies, Slices of raw banana are dried & flour is made out of it & used. Breads can be made with its flour. It is best while travelling & journeys. ..........This lesson has 1 Quranic reference.........



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#### Names

- 1. Latin name is Phoenix dactylifera Linn.
- 2. Urdu & Hindi name is khajur.
- 3. English name is dates.

#### **Ouranic names**

- 1. It is called with various names is Quran.
- 2. It is called as **Nakhl** or **Nakhil** (plural) or **Nakhlat** (singular), 20 times in Quran.
- 3. It is called **Leenat** in Chapter 59 (Sura) **Hashr** verse no. 5.
- 4. It is mentioned as **Naqir** in Chapter 4 (Sura) **Nisa**, verse no. 53 & 124.
- 5. Qitmir in Chapter 35 (Sura) Fatir, verse no. 13.
- 6. Rutab in Chapter 19 (Sura) Maryam verse no. 25.

#### In Hadees it is mentioned under 8 names:

The names mentioned in Hadees are different stages & different varieties of dates, among 8 names, 5 are stages of dates & 3 are types of dates.

- 1. **Balah:** It is the first stage of dates; the dates are unripen (raw).
- Bushra: It is the second stage; dates are unripen fresh dates of yellow or red colour & are eatable.
- 3. *Busr:* It is the third stage of dates; now the Bushra (yellow or reddish unripen dates) start getting ripen. They are eatable. (Half ripen).
- 4. *Rutab:* Freshly ripen dates; mainly ripen on its tree. These are what we eat mostly, it is of brownish colour & soft & wet. (Fully ripen).
- 5. *Tamar:* It the fifth stage of dates; now Rutab (fresh ripen dates) gets dried up (mainly on tree).

(Also Dates are generally called as Tamar please note).

#### The 3 names mentioned in Hadees are types of dates: -

1. Barni.

2. Ajwah.

3. Sukhara.

#### Other names in Hadees: -

Bunches of dates are called as Dawaal (دوال) in Hadees. Dates syrup is called as *Nabiz* in Hadees. *GABA* of dates is called as Jimaar (هار) in Hadees. Low quality dates are called as Hashaf (عشف) in Hadees. *Tamar* is mentioned in Hadees as general word for dates. It is important to know about the stages & names mentioned in Hadees.

#### Quranic references of it: -

There are 20 references of it in Quran, by the names of *Nakhl* or *Nakhll* (plural) & *Nakhlat* (singular). They are 8 times mentioned alone & 12 times mentioned with other fruits like pomegranate, grapes & olives.

1. Chapter 2	Baqara	verse no. 266.	(Nakhil).
2. Chapter 6	An'am	verse no. 99.	(Nakhl).
3. Chapter 6	An'am	verse no. 141.	(Nakhl).
4. Chapter 13	Ra'ad	verse no. 4.	(Nakhil).
5. Chapter 16	Nahl	verse no. 11.	(Nakhil).
6. Chapter 16	Nahl	verse no. 67.	(Nakhil).
7. Chapter 17	Bani-Israel	verse no. 91.	(Nakhil).
8. Chapter 18	Khaf	verse no. 32.	(Nakhl).
9. Chapter 19	Mariam	verse no. 23.	(Nakhlat).
10. Chapter 19	Mariam	verse no. 25.	(Nakhlat & Rutab).
11. Chapter 20	Ta'ah	verse no. 71.	(Nakhl).
12. Chapter 23	Mu-minoon	verse no. 19.	(Nakhil).
13. Chapter 26	Shu-araa	verse no. 148.	(Nakhl).
14. Chapter 36	Yaaseen	verse no. 34.	(Nakhil).
15. Chapter 50	Qaaf	verse no. 10.	(Nakhl).
16. Chapter 54	Qamar	verse no. 20.	(Nakhl).
17. Chapter 55	Rahmaan	verse no. 11.	(Nakhl).
18. Chapter 55	Rahmaan	verse no. 68.	(Nakhl).
19. Chapter 69	Haqqa	verse no. 7.	(Nakhl).
20. Chapter 80	Abas	verse no. 29.	(Nakhl).

#### Other references of dates in Ouran: -

- 1. It is referred as *LEENAT* in Chapter 59 (Sura) *HASHR* verse no. 5.
- 2. In Chapter 4 (Sura) NISA verse no. 53 & 124 it is called as NAQIR. (Nagir means a groove or dent on date seed).
- 3. In Chapter 35 (Sura) *FATIR*, verse no. 13, it is called as *QITMIR*. (Qitmir means a groove or dent on dates seed or thin membrane on date seed).
- 4. In Chapter 6 (Sura) AN'AAM verse no. 95, it is called as NAVA. (Nava means date seed).
- 5. In Chapter 36 (Sura) YASEEN verse no. 39 it is called AL-URJOON. (Al-Urjoon means the lower base of dates which becomes dry & get sickled shaped & it is compared with new moon in verse no. 39 of Chapter 36 (Sura) YASEEN.
- 6. In Chapter 111 (Sura) LAHAB & Chapter 54 (Sura) QAMAR it is called as **HABL** & **DUSUR** (Both means Palm Fibers).

It is important to know about the stages of date's maturation, because by it only, you will understand the uses of it & why it is called by different names in Ouran & Hadees.

# Stages of dates (According to Growth): -

It takes 6 months to get matured & undergo 5 stages (Means dates under goes, 5 stages, on tree or when stored (before use).

- 1. 1st stage of dates is called as *Al-HabaBook* or *Al-saddi*. In this stage the dates are like small balls & are of bitter taste (on tree & are not used).
- 2. 2nd stage is called as *Al -Balh*. In this stage the dates are grown little bigger & are of green colour & pungent it taste. (On tree & are not used).
- 3. 3rd stage is called as AL -Busr or Al- Khalla, in this stage the dates get yellowish or reddish colour & turn sweet in taste. (On tree & can be used).

- 4. 4th stage is called as *Al -Rutab*, now the dates becomes soft, sweet & get brownish in colour, this stage is ripen stage & are good to use & was liked by Prophet \$\mathbe{s}\$, & it is mentioned in Quran.
- 5. 5th stage is called as *Ajwah*. Now the dates get softer, sticky & turn dark brownish. (Also please note Ajwah is also a type of dates & stage of dates also).
- 6. 6th stage is called as *Tamar*, now the dates get dried.

# Prophet &'s guidance about dates: -

# Neutralizing hot potency with cold potency

#### Fresh ripen dates & Watermelon (Rutab & Bathikh): -

1. Hazrat Sahl Bin Saad الله says, that Nabi الله use to eat fresh ripen dates (الرطب)) with watermelon (البطيخ).

[Ibn Ma-jah: 3451; Book. 29; English vol. 4; Book. 29, Hadees. 3326]

رضى الله عنها Also mentioned by Hazrat A'isha

[Tirmizi: 1843: Book. 25; English vol. 3; Book. 23, Hadees. 1843]

2. Narrated by Hazrat A'isha رضى الله عنها that Nabi هه used to eat fresh ripen dates (الرطب) with watermelon (الرطب) & Nabi هه said the heat of the one is broken by the coolness of the other & the coolness of the one by the heat of the other.

[Abu Dawud: 3836; Book. 28; English Book. 27; Hadees. 3827]

 $\label{lem:combination} \textit{Eating dates with watermelon in combination both get neutralized.}$ 

# Dried ripen dates & Butter (Tamar & Zubd): -

3. Narrated by 2 sons of Busar that Nabi ﷺ visited Hazrat Busar's home, they presented dried ripen dates (جَر) & Butter (زبي) in honor of Nabi ﷺ because both were liked (together) by Nabi ﷺ.

[Ibn Ma-jah: 3459; Book. 29; In English vol. 4; Book. 29, Hadees. 3334]

(Tamar dates are dry & hard & they get moist & soft when mixed with butter or ghee thus get neutralized).

# Fresh ripen dates & cucumber (Rutab & Qissa'a): -

4. Hazrat Abdullah Bin Jafar ﷺ says that Rasoolullah ﷺ use to eat cucumber (القناء) with fresh ripen dates

[Tirmizi: 1844; Book. 25; English vol. 3; Book. 23, Hadees. 1844]

(Combination of both neutralizes each other).

5. Hazrat A'isha رضى الله عنها ate cucumber (الرطب) & fresh ripen dates (الرطب) together to gain weight & she successfully gained.

[Ibn Ma-jah: 3449; Book. 29; English vol. 4; Book. 29, Hadees. 3324]

# About uses of two types of dates together: -

6. Narrated by Jabir Bin Abdullah 🐗 that Nabi 🕮 prohibited making Nabiz from Basr (البسر) (unripen dates) & Tamar (ټر) dates together.

[Tirmizi: 1876; Book. 26; English vol. 3; Book. 24, Hadees. 1876.]

(Nabiz is prepared by soaking dates in water & drink the same, means we should not soak two different types of dates in water & nor drink that sharbat, Nabiz).

7. Hazrat A'isha رضى الله عنها narrated that Rasoolullah هم said, eat Balah (البلح) (fresh unripen dates) with Tamar (قرر) (dried ripen dates) together(or) old dates with new one & Rasoolullah هم said, that seeing this shaitaan (الشيطان) gets irritated & the shaitaan (الشيطان) says that human became healthy by eating Balah (البلح) with Tamar (قرر).

[Ibn Ma-jah: 3455; Book. 29; English vol. 4; Book. 29, Hadees. 3330]

8. Narrated by Jabir Bin Abdullah البسر (semi ripen) dates with Rutab (البطر) (fresh ripen dates) are Khamr (intoxicant).

[An-Nasa'l: 5544; Book. 51; English vol. 6; Book. 51; Hadees. 5546]

(Both should not be used together).

(Busr dates (semi ripen) are which start to get ripe, & are yellow or reddish coloured & Rutab dates are which get freshly ripen, (routinely eaten) soft, dark brownish coloured). Please note we can eat Balah (البلح) (fresh unripen dates) with Tamar (قرر) (dried ripen dates) together but we are not allowed to soak both above types of dates to prepare Nabiz (syrup) because they may turn into Alcoholic preparation & please do not soak two types of dates together.

#### About Rutab Dates: -

9. Hazrat Sahal Bin Saad ﷺ says that Nabi ﷺ use to eat Rutab (الرطب) (fresh ripen dates) with watermelon (البطيخ).

[Ibn Ma-jah: 3451; Book. 29; English vol. 4; Book. 29, Hadees. 3326]

10. Hazrat Abdullah Bin Jafar 🐇 says that Rasoolullah 🐉 use to eat cucumber (الوطب) with fresh ripen dates

[Tirmizi: 1844; Book. 25; English vol. 3; Book. 23, Hadees. 1844]

11. Hazrat A'isha رضى الله عنها ate cucumber (الوطب) & fresh ripen dates (الرطب) together to gain weight & she successfully gained weight.

[Ibn Ma-jah: 3449; Book. 29; English vol. 4; Book. 29, Hadees. 3324]

#### **About Tamar Dates: -**

The word Tamar may be used for a type of date (dried ripen dates) or commonly for routine dates.

12. Narrated by Hazrat A'isha رضى الله عنها that Nabi ه used to eat fresh ripen dates (البطيخ) with watermelon (البطيخ) & Nabi ه said the heat of the one is broken by the coolness of the other & the coolness of the one by the heat of the other.

[Abu Dawud: 3836; Book. 28; English Book. 27; Hadees. 3827]

(This is regarding the above Hadees about eating dates with watermelon; by their combination both get neutralized).

13. Narrated by 2 sons of Busar that Nabi ه visited Hazrat Busar's home, they presented Tamar (ټر) (dried ripen dates) & Zubd (نبی) (butter) in honor of Nabi ه because both were liked (together) by Nabi ه.

[Ibn Ma-jah: 3459; Book. 29; English vol. 4; Book. 29, Hadees. 3334.]

(Tamar dates are dry & hard & they get moist & soft when mixed with butter or ghee thus get neutralized).

14. Hazrat Aamir Bin Saad Abu Waqqas الله heard from his father that Nabi الله said that anyone who eats 7 Tamar (قر) (dates) daily, which

grow between these two lava plains (two Madinah (البدينه) mountains) empty stomach, early morning, than till evening, will not be affected with poisoning (سحر) & black magic (سخر) (witch craft) & if eats at evening, will be safe from poison & black magic (witch craft) till morning.

[Muslim: 2047 A; Book. 36; English Book. 23; Hadees no. 5080]

15. Hazrat Abu Hurairah القولنج) says that Nabi القولنج) (dates), Qalounj (القولنج) will not occur.

[Abu Nu-aim: 828. Qalounj]

Qalounj is a condition in which we may suffer from inferior complex due to strictures, obstructions, spasm or pain

16. Hazrat Abdullah Ibn Abbas رخىللهعنبيا says that Rasoolullah ﷺ guided that eat Tamar (ټر) (dates) on empty stomach early morning, by this worm of stomach get killed.

[Musnad Firdous: 4813]

### Jaw chapatti (bread) & Tamar dates: -

17. Hazrat Yusuf Ibn Abdullah Ibn Salam ه says that he saw Nabi ه eating (jaw) barley flour chapatti (or Bread) (غز) with Tamar (ټر) (dates) & said that dates (ټر) are equivalent to gravy with (jaw) barley chapatti (or Bread).

[Abu Dawud: 3830; Book. 28; English Book. 27; Hadees. 3821]

# <u>Discipline while eating in company of people: -</u>

18. Hazrat Abdullah Bin Umar رحى الله عنها reported that Nabi ﷺ said, do not pick more than one dates at the time, nor pick 2 or more to eat, without permission, (when we are eating in company of people).

[Tirmizi: 1814, Book. 25; English vol. 3; Book. 23; Hadees. 1814]

(We should not pick any eatables more than one, while we eat in company of people; this may be in regards of all types of eatables).

### A position of sitting while eating dates: -

19. Hazrat Anas Bin Malik 🐗 says that he saw Nabi 🦀 eating Tamar (تر) (dates) in sitting position on heels.

[Muslim: 2044 a; Book no. 36; English Book. 23; Hadees no. 5073]

### Hasis (Hais) (a sweet dish): -

20. Narrated by Hazrat Anas Bin Malik 💩 that Nabi 🐉 married Hazrat Safiya رضى الله عنها & called people for a feast (as dawat e valima) & served people with Hais, (Hasis) on a piece of leather (dastarkhwaan).

[Bukhari: 5387; Book. 70; English vol. 7; Book. 65; Hadees. 299]

Hais (Hasis) is a sweet dish (halwa) prepared from Tamar (قر) dates, milk, jaw (barley), ghee, paneer etc.

#### Importance of having dates in house: -

21. Hazrat A'isha رض الله عنها says that Nabi 🎄 said that a family which has dates (ټه ) will not be hungry.

[Muslim: 2046; Book. 36; English Book. 23; Hadees. 5078]

22. Narrated by Hazrat A'isha رخى الله عنها that Rasoolullah 🎄 said the house which do not have dates (قر ) those people are (will be) hungry.

[Tirmizi: 1815, Book. 25; English vol. 3; Book. 23, Hadees. 1815]

23. Narrated by Ubaidullah Bin Abu Rafi from his grandmother Salma رضي says that Nabi 😹 said that the house which does not have dates الله عنها (تم) the house is as, there is no food.

[Ibn Ma-jah: 3453; Book. 29; English vol. 4; Book. 29, Hadees. 3328]

### Dates & Dinner: -

24. Narrated by Anas Bin Malik 🐇 that Nabi 🎄 said that, Always eat dinner & if you have nothing to eat, at least eat few Hashaf (حشف) (low quality dates) (or handful of something to eat) because skipping dinner will make you old & weak.

[Tirmizi: 1856; Book. 25; English vol. 3; Book. 23, Hadees. 1856]

25. Narrated by Jabir Bin Abdullah الله that, Nabi الله said never skip dinner, though you only have few dates (قر), eat them because skipping dinner will make you old.

[Ibn Ma-jah: 3480; Book. 29; English vol. 4; Book. 29, Hadees. 3355]

#### Old dates: -

26. Narrated by Anas Bin Malik نه that somebody presented some old dates to Nabi الآمر to see (the worm).

[Ibn Ma-jah: 3458; Book. 29; English vol. 4; Book. 29, Hadees. 3333]

#### Half ripen dates (Busr): -

27. Hazrat Abu A'seeb الله says, that one night Nabi الله took Hazrat Abu Aaib, Abu Bakr, Umar الله to an Ansari's dates garden & asked the owner of the garden to give Busr (إسر) (half ripen dates), the owner went & brought branches of dates & all ate to their satisfaction.

[Musnad Ahmed: 20787]

#### About Ajwah Dates: -

28. Hazrat Ra'fe Bin Umar Al Majni له says that, Rasoolullah هه said that Ajwah (العبوة) & Sukhara (الصغرة) both are from Jannah (الجنة).

[Ibn Ma-jah: 3583; Book. 31; In English vol. 4; Book. 31, Hadees. 3456]

29. Hazrat A'isha رخىالله عبيا says that, Rasoolullah ﷺ guided that the Ajwah dates of 'Aliya' contain healing effects & these are antidote (for poisoning) if eaten early morning.

[Muslim: 2048; Book. 36; English Book. 23; Hadees. 5083]

30. Hazrat Saad له says that Rasoolullah له guided that eat 7 Ajwah (عَوة) (dates) early morning empty stomach, that day, the person will be safe from poisoning (سم) & black Magic (سر) (witch craft).

[Bukhari: 5769; Book. 76; English vol. 7; Book. 71; Hadees. 664]

31. Hazrat A'isha رضى الله عنها says that Nabi ﷺ guided to use 7 Ajwah (عَوِقَ) ((علواهـ) for 7 days; this helps in curing Juzam (المهدينه). [Abu Nu-aim: 899]

### (Juzam is kodh) (Leprosy or a severe skin disease)

32. Hazrat Sa'ad Bin Abi Waqqas المادة says that he fell ill, he had chest pain, Rasoolullah المادة visited him & kept His respected Palm on Hazrat Sa'ad chest, Hazrat Sa'ad felt the soothing effect in his whole chest & Rasoolullah prayed for him, & said that Sa'ad is suffering from cardiac problem. & Rasoolullah advised to take Hazrat Sa'ad to Haris Bin Kuladah (a hakim) & said the physician should give 7 Ajwah (عَوَة) (dates) of Madinah (المدينة) crushed & with its seed grinded & put it in your mouth.

[Abu Dawud: 3875; Book. 29; English Book. 28; Hadees. 3866]

### Cure for Poisoning: -

33. Narrated by Hazrat Abu Hurairah المجوة said that Ajwah (هيوة) (dates) are from Jannah (الجنة) & in it there is cure (شفاء) for poisoning (سم) & Kamaat (الجن) (Mushrooms or Truffles) are among Mann (الجن) (a reward) & its water is cure (العين) for eye (العين) diseases.

[Tirmizi: 2208; Book. 28; English vol. 4; Book. 2; Hadees. 2066]

(Mushroom or Truffles grow by their own & no human efforts are required so they are called as Mann) (Refer lesson no. 49; mushroom & truffles in part 1 of this book).

# <u> Jimaar (Gaba of dates) & Palm Date tree compared with Muslims: -</u>

34. Hazrat Abdullah Bin Umar رخىالله عبيا says that we were sitting with Nabi همرار) (Gaba of dates) was sent by someone, than Nabi هه asked "Among all trees, which tree is like Muslim & Allah Ta'ala has given Barkat in it?" (As Barkat Muslims have) than Nabi هه answered (Himself) that it is Nakhl (النخلة) (palm date tree).

[Bukhari: 5444; Book. 70; In English vol. 7; Book. 65; Hadees. 355]

(Jimaar is GABA of dates; it is obtained from gum of dates trees).

# Guidance about dates during illness & after illness: -

35. Hazrat Umme Munzir رخى الله عنها says that, Rasoolullah 🕮 & Hazrat Ali 🌞 both came home, she had Dawaal (دوال) (bunches of dates), she served Dawaal to both, both started to eat the dates, but when Hazrat Ali had eaten 7 dates (approximately) he was stopped by Rasoolullah & from eating more, & He & said to Hazrat Ali & that you were ill last days & now you are weak, so do not eat more, Hearing to his Hazrat Umme Munzir رضى الله عنها prepared Sareed( ژبيد) (thin gravy) of meat, beet root & chapatti (خبز) from barely flour (الشعير) & served to both, on this Rasoolullah & said to Hazrat Ali & eat this dish, this is beneficial for you.

[Tirmizi: 2170; Book. 28; English vol. 4; Book. 2; Hadees. 2036]

36. Hazrat Suhaib 🎄 reports that his right eye was paining & he was eating Tamar (قبر) (dates), looking to this; Rasoolullah 🐉 said that, you are eating Tamar (ټر) (dates) in spite of eye pain, On this Hazrat Suhaib so replied that I am eating from left side & my right eye is paining.

[Baihaqi : 20047]

(He was eating from left side of the mouth while his right eve was suffering from infection).

Please read the Hadees below & note the rules from which side of the mouth we should eat during illness.

Qatadah narrated from Abu Abdullah that Zaid Bin Argam 🕸 said that Nabi 🎄 would acclaim olive oil (الزَّيْتُ & Memecylon (الْوَرُسَ) (Warss) for (the treatment of) pleurisy." Qatadah said: "And it is put in the mouth on the side which he is suffering ".

[Tirmizi: 2222; Book. 28, English vol. 4; Book. 2, Hadees. 2078]

#### About Barni dates: -

37. Hazrat Anas Bin Malik 🕸 says that Nabi 🐉 said that among the Tamar (قرب) (dates) you have, Barni (البرن) (it is a type of dates) are the best, there is cure for diseases in it & have no harmful effects.

[Mustadrak Al Hakim: 7450]

### About breaking fast: -

38. Salman Bin Amr الله narrated that Nabi الله guided us to break the fast with Tamar (قر) (dates) & if dates are not present than break the fast with water because water is pure (paak).

[Ibn Ma-jah: 1769; Book. 7; English vol. 1; Book. 7; Hadees. 1699]

39. Hazrat Anas Bin Malik الرطب) or old dates (الرطب) or old dates which ever would be present, if dates would not be present, than broke the fast with water.

[Abu Dawud: 2356; Book. 14; English Book. 13; Hadees. 2349]

#### About Tahneek: -

40. Hazrat Asma Bint Abu Bakr وضى الله عنايا gave birth to a son (in Quba), this birth was the first birth in Muslim society, Means, that time the Yahudis of Madinah had challenged the Muslims, that due to their Black magic no Muslim lady will give birth to any child, On the birth of her son (Abdullah Bin Zubair رضى الله عنها) all Muslims gathered & sang slogans of Takbir loudly. Hazrat Asma Bint Abu Bakr رضى الله عنها took the infant to Rasoolullah , Rasoolullah took the infant in His respected Laps & called for Tamar (قر) (date) & chewed the date & put His respected saliva in the mouth of the child so that the first thing entered the child stomach was saliva of Nabi ; He than pat the chewed date into the infant's mouth & rubbed it on the upper palate of the infant & prayed for Barkat.

[Bukhari: 5469; Book. 71; English vol. 7, Book. 66; Hadees. 378]

Some parts of Hadees are taken from other Hadees. The above act of dates to be spatted & rubbed on infant's upper palate is called as **TAHNEEK**.

41. Hazrat Abu Moosa Ashari 🎄 says that Tahneek was done by Nabi 🐉 to his infant. & also Rasoolullah 🖓 named his infant as Ibrahim.

[Bukhari: 5467; Book. 71; English vol. 7, Book. 66; Hadees. 376]

#### Tahneek: -

It is to take a date or something sweet in our mouth & chew it a little, than put the date or the sweet thing into newborn's mouth & rub the date at upper palate of newborn's mouth for a while. Nabi suse to do it, this is a Sunnah, which we should do it. Now a days, newborn suffer from juvilian diabetes & lack of glucose, which causes brain damage of newborn, by this Sunnah we can solve many problems of newborn.

### **Dried Grapes & Tamar dates together prohibited: -**

42. Hazrat Jabir Bin Abdullah رخىالله عنها reported that Nabi په prohibited the mixing of dried grapes (Zabib) & dates & dry dates (Tamar) & fresh dates (Basr).

[Muslim: 1986 A; Book. 36; English Book. 23; Hadees. 4896]

43. Abdullah Bin Abu Qatadah, from his father Nabi seguided, do not combine fresh dates & unripe dates, or raisins & dates; rather make Nabiz (syrup) with each one of them on its own" (Separately).

[Ibn Ma-jah: 3523; Book. 30; English vol. 4; Book. 30, Hadees. 3397]

#### About Nabiz: -

According to many references & scholars, Nabi & liked Nabiz very much. Nabiz is syrup prepared by dates or raisins soaked overnight in water & this syrup (sharbat) should be drunk & this is called as Nabiz. But do not soak two types of dates together nor dates with raisins.

44. Hazrat Sahl Bin Sa'ad & narrates that Abu Usaid As-Sa'di & invited Rasoolullah & at his Valima feast (marriage party) & after meal Nabiz was given to Nabi & to drink.

[Bukhari: 5176; Book. 67; English vol. 7; Book. 62; Hadees.105]

45. Narrated by Jabir Bin Abdullah 🐗 that Nabi 🐉 prohibited making Nabiz from Busr (البسر) (unripen dates) & Tamar dates together.

[Tirmizi: 1876; Book. 26; English vol. 3; Book. 24; Hadees. 1876]

(Nabiz is prepared by soaking dates in water & drink this Nabiz means we should not soak two different types of dates in water).

46. Narrated by Abu Saeed & that Nabi & prohibited mixing of unripen dates & dates together & mixing of Raisins (dried grapes) & dates for making Nabiz & prohibited the jars that Nabiz is made in.

[Tirmizi: 1877; Book. 26; English vol. 3 Book. 24, Hadees. 1877]

### 47. *Nabi & prohibited to prepare Nabiz if the following:*

- *Earthen pots,*
- Dubba (pumpkin),
- trunk of palm dates tree,
- coated pitch,
- green pot

& said I forbid you to use the above, but they do not make anything lawful or unlawful, but every intoxicant is unlawful.

[Tirmizi: 1867, 1868, 1869; Book. 26; English vol. 3, Book. 24, Hadees. 1867, 1868, 1869]

### (Means Nabiz gets toxic or alcoholic by the above means).

48. Narrated by A'isha رحىالله that we use to prepare Nabiz for Nabi ه in a water skin (water bag) which was tie at the top & it had a small hole in it, Nabiz prepared in morning was drank at evening & which was prepared at evening was drank at morning.

[Tirmizi: 1871; Book. 26; English vol.3; Book. 24, Hadees. 1871]

### A Feast: -

49. Hazrat Anas says that once my mother Umme Sulem رخي asks me to give a basket of dates to Rasoolullah , Hazrat Anas went to Rasoolullah 's's home, but he came to know that Rasoolullah has gone to a feast at his ex-slave to whom Nabi had freed in past. (Actually Nabi had freed this slave; the slave became a good tailor earned good money for himself. Now he had invited Nabi for a feast along with some companions of Nabi ). When Hazrat Anas reach the slave's place, everybody was eating, Hazrat Anas was asked to join the feast & he did. They were served with Sareed (غريد) made from pumpkin (kara'a), dried meat & jaw (barley) chapatti. Hazrat Anas knew that pumpkin (kara'a) was favourite to Rasoolullah & he use to collect pieces of pumpkin (kara'a) in front of Rasoolullah .

Than after the feast, Hazrat Anas & & Rasoolullah & went to Rasoolullah &'s home & Hazrat Anas & gave the basket of dates. (The

respected) Rasoolullah & was eating the dates & distributing the dates among people, till the dates finished.

[Bukhari: 5379 & 5420; Book. 70; English vol. 7 Book. 65; Hadees. 291 & 331.

[Ibn Ma-jah: 3428; Book. 29; In English vol. 4; Book. 29, Hadees. 3303] (& also from other reference all are mixed & written, please note).

#### **OURAN reciting people: -**

50. Hazrat Abu Musa Al-Ash'ari says that Rasoolullah said "A believer who recites Qur'an is like an orange whose fragrance is sweet & whose taste is sweet, a believer who does not recite Qur'an is like a date which has no fragrance but has a sweet taste & the hypocrite (munafiq & faajir) who recites Qur'an is like (Rayhan) basil whose fragrance is sweet, but whose taste is bitter & a hypocrite (munafiq & faajir) who does not recite Qur'an is like the colocynth which has no fragrance & has a bitter taste.

[Bukhari: 5427; Book. 70; English vol. 7 Book. 65; Hadees. 338]

(Colocynth is a bitter cucumber & also bitter apple).

#### Rutab dates for Menstrual Problems: -

51. Hazrat Abu Hurairah المعلى says, that Nabi المرطب) fresh ripen dates are best remedy for excessive menstrual flow & Honey (العسل) is best for patients (المريض).

[Abu Nu-aim 459]

### <u> A preparation with fenugreek seeds (Hulba) (Methi) for sick person: -</u>

52. Once Hazrat Saad Bin Abi Waqqas & fell ill in Makkah, Nabi & visited him & asked to call a doctor, Al Haris Bin Kuladah was called, he came & examined Hazrat Saad & & said he is not serious & advised to take dates (khajur), barley (jaw) & boiled fenugreek (seeds) (Methi) water & prepare soup like gravy (broth) (daliya) than put honey in it & give to Hazrat Saad & at early morning (luke warm). & Hazrat Saad & got well; Nabi & liked the preparation advised by Al Haris Bin Kuladah.

[At-tibb Al-Nabawi Harful Haa vol. 1; page no. 230]

53. Hazrat Sa'ad says that he fell ill, he had chest pain, Rasoolullah si visited him & kept His Respected Palm on Hazrat Sa'ad chest, Hazrat Sa'ad felt the soothing effect in his whole chest & Rasoolullah prayed for him, & said that Sa'ad is suffering from cardiac problem. & Rasoolullah advised to take Hazrat Sa'ad to

Haris Bin Kuladah (a hakim) & Rasoolullah & said the physician should give 7 Ajwah dates (عجوة) of Madinah (البدينه) crushed & with its seed grinded & put it in the mouth.

[Abu Dawud: 3875; Book no. 29; English Book. 28; Hadees no. 3866]

### Gaba of dates (limaar) (اجارا): -

It is called Jimaar & Shaham Annakhal in Arabic, & in Hadees it is called as Jimaar (جمار), it is obtained from date tree, it is gum of palm date tree. It is used for the following: - Loose motion, chest pain, TB, throat infection, soar voice, cough & cold, it makes the intestine strong, strengthens the body, makes blood pure, reduces swelling of kidneys, maintains general health, removes weakness, can be applied on wounds, But first the gum should be purified & than used.

### Content of dates: -

Glucose, sugar, vitamin A, vitamin B1, B2, B3, B12, calcium, phosphate, potassium, sulphur, sodium, magnesium, cobalt, zinc, fluorine, copper, manganese, cellulose, fructose, biotin, amino acids, fibers, carbohydrates, water, fats, iron, etc. Fresh dates have pitocin hormone which helps in delivery, it contracts the uterus.

### Scientific benefits of dates: -

- 1. It helps in constipation.
- 2. Helpful in delivery (child birth) (Fresh dates).
- 3. Have great nutritive values.
- 4. Nourishes the brain.
- 5. Improves the peristalsis movement of intestine.
- 6. It forms RBC, bone marrow, haemoglobin thus good in anaemia &
- 7. Maintains pH level of blood.
- 8. Reduces weight, fats & slims the body.
- 9. Protects against cancers.
- 10. Increases urine output, libido.
- 11. Strengthens the bone, teeth, eye sight & ear nerves.

- 12. Reduces thyroid activity, so helpful in hyperthyroidism.
- 13. Helpful for liver function, dry lips, dry skin, cracked nails etc.
- 14. It improves the function of urinary bladder, stomach & intestines.
- 15. Best for pregnancy.
- 16. Helps in kidney stones, gall stones, gouts, blood pressure, piles etc.
- 17. Can be eaten all season all age.
- 18. Can be used in all diseases but in little quantity.

### Science & Hadees regarding Dates: -

Prophet & said, "Whoever takes seven 'Ajwah dates in the morning will not be effected by magic or poison on that day." Nabi & has also said, "There is a tree among the trees which is similar to a Muslim (in goodness) & that is the date palm tree." As Muslims we are wise to include these foods in our diet. Allah has blessed us with many good foods & in Quran (Surah) A'araaf verse no. 160) it is said "Eat of the good foods We have provided for you."

Prophet sused to break the fast by eating some dates before offering Magrib (sunset) prayer & if ripe dates were not available, he used to substitute them with some dried dates. When they too were not available, he used to have a few sips of water, according to some reports. Modern science has proved that dates are part of a healthy diet. They contain sugar, fat & proteins, as well as important vitamins. Hence the great importance attached to them by the Prophet ...

Dates are also rich in natural fibers & natural vitamin & other necessary elements, thus prevent cholesterol & triglycerides from increasing & prevent cardiac diseases. Modern medicine has shown that they are effective in preventing abdominal cancer. They also surpass other fruits in the sheer variety of their constituents. They contain oil, calcium, sulphur, iron, potassium, phosphorous, manganese, magnesium. In other words, one date is the equivalent of a balanced & healthy diet. Arabs usually combine dates with milk & yogurt or bread, butter (A sweet dish called as Hais is Sunnah & beloved to Prophet ...). This combination indeed makes a balanced & nutritious diet for both mind & body. Dates & date palms have been mentioned in the Holy Quran nearly 20 times, thus showing their importance. Prophet & compared good Muslims with the date palm tree, saving: "Among trees, there is a tree like a Muslim. Its leaves do not fall."

Maryam (Mary) عليها السلام, the mother of Isaa العلام (Jesus) was advised to eat dates as her food when she felt labour pains, during her confinement. Dates are definitely the "crown of sweets," & an ideal food which is easy to digest & within half an hour of taking it, the tired body regains vigor. The reason for this is that lack of sugar in the blood & it is the main factor that makes people feel hungry. When the body absorbs the nutritional essence of a few dates, the feeling of hunger becomes appeased. Breaking the fast with dates helps one avoid over-eating later.

Experiments have also shown that dates contain some stimulants that strengthen the muscles of the uterus in the last months of pregnancy. This helps the dilation of the lower part of uterus (lower segment) at the time of delivery & reduces the bleeding after delivery (PPH). Dieticians consider dates as the best food for women in confinement & those who are breast-feeding. This is because dates contain elements that assist in alleviating depression in mothers & enriching the breast-milk with all the elements needed to make the child healthy & resistant to disease. Prophet & has emphasized the importance of dates & their effectiveness. He & has also recommended dates for excessive menstruation. dietitians now recommend dates to be given to children suffering from nervous disorders or hyperactivity. Prophet & has also recommended dates as a medicine for heart troubles, according to some reports. Modern science has also proved the effectiveness of date, in preventing diseases of the respiratory system.

#### Science & Tahneek: -

It is to take a date or something sweet in our mouth & chew it a little, than put the date or the sweet thing into newborn's mouth & rub the date at upper palate of newborn's mouth for a while. Nabi & use to do it, this is a Sunnah, which we should do it. Now days, newborn suffer from juvilian diabetes & lack of glucose, which causes brain damage of newborn, by this Sunnah we can solve many problems of newborn.

### Cucumber & dates together: -

Cucumber & dates: cucumber has a cold effect & dates have a hot one. By combining the two it becomes neutralized. From this Hadees we gather that it is recommended that the effect (hot or cold) of things eaten should be taken into consideration. Cucumber is insipid & tasteless & dates are sweet which results in the cucumber also tasting sweet. Both are opposite to each other & cucumbers are rich in water content.

Please match the nutritional facts of both cucumber & dates & see what a combination, both makes a perfect nutrition & are opposite to each other. This is the miracle of Sunnah of Prophet & eating both together.

Nutritional value of dates. 100 grams of dates has 282 calories.		Nutritional value of Cucumber. 100 grams of cucumber has 16 calories only.	
Water content in dry dates	10% - 20%	Water content in cucumber	96%
Total Fat 0.4 g	0%	Total Fat 0.1 g	0%
Saturated fat 0 g	0%	Saturated fat 0 g	0%
Polyunsaturated fat 0 g		Polyunsaturated fat 0 g	
Monounsaturated fat 0 g		Monounsaturated fat 0 g	
Cholesterol 0 mg	0%	Cholesterol 0 mg	0%
Sodium 2 mg	0%	Sodium 2 mg	0%
Potassium 656 mg	18%	Potassium 147 mg	4%
Total Carbohydrate 75 g	25%	Total Carbohydrate 3.6 g	1%
Dietary fiber 8 g	32%	Dietary fiber 0.5 g	2%
Sugar 63 g		Sugar 1.7 g	
Protein 2.4 g	4%	Protein 0.6 g	1%
Vitamin A	0%	Vitamin A	2%
Vitamin C	%	Vitamin C	4%
Calcium	3%	Calcium	1%
Iron	5%	Iron	1%
Vitamin D	0%	Vitamin D	0%
Vitamin B6	10%	Vitamin B6	10%
Magnesium	10%	Magnesium	3%

# Watermelon & Dates together: -

Match the nutrition of both & judge, both are opposite to each other & the combination make a perfect nutrition. This is miracle of Sunnah of Prophet & eating both together.

Nutritional value of dates. 100 grams of dates has 282 calories.		Nutritional value of watermelon. 100 grams of watermelon has 30 calories only.	
Water content in dry dates	10% - 20%	Water content in watermelon	92%
Total Fat 0.4 g	0%	Total Fat 0.1 g	0%
Saturated fat 0 g	0%	Saturated fat 0 g	0%
Polyunsaturated fat 0 g		Polyunsaturated fat 0 g	
Monounsaturated fat 0 g		Monounsaturated fat 0 g	
Cholesterol 0 mg	0%	Cholesterol 0 mg	0%
Sodium 2 mg	0%	Sodium 1 mg	0%
Potassium 656 mg	18%	Potassium 112 mg	18%
Total Carbohydrate 75 g	25%	Total Carbohydrate 8 g	25%
Dietary fiber 8 g	32%	Dietary fiber 0.4 g	32%
Sugar 63 g		Sugar 6 g	
Protein 2.4 g	4%	Protein 0.6 g	4%
Vitamin A	0%	Vitamin A	11%
Vitamin C	%	Vitamin C	13%
Calcium	3%	Calcium	0%
Iron	5%	Iron	1%
Vitamin D	0%	Vitamin D	0%
Vitamin B6	10%	Vitamin B6	0%
Magnesium	10%	Magnesium	2%

### **Conclusion of Hadees:**

- 1. Eat fresh ripen dates & watermelon or Mashmelon together because one cools the other. Eat the following together: butter & dried dates together, cucumber & dates, Balah (fresh unripen dates) & Tamar (dried dates).
- 2. Avoid making Nabiz (syrup) from two types of dates or dates & raisins, semi ripen dates & ripen dates together are Khamr (intoxicant). 7 Ajwah dates eaten early morning on empty stomach prevents black magic, evil eye, cardiac problems, skin disease & are from Jannah.
- 3. Dates if eaten early morning on empty stomach are helpful in worm infection, inferior complex. Keep dates always at home & it has Barkat in it, as Muslims have. Do not pick more than 1 dates at a time to eat, do not eat excessively during or after illness, 7 dates at one time are They are best nutrition, do Tahneek to newborn with best. dates.....This lesson has 53 Hadees.....

# Lesson no. 11 Citric fruits (الاترى) (Oranges & etc):





#### Introduction: -

There are many different types of citric fruits like oranges, lemon, lime, sweet lemon, citron, Malta, fafanas, chakotra etc. There are many different types of lemons, limes, oranges etc. All should be used. But oranges are specially mentioned.

### **Names**

- 1. In Hadees oranges & citron are called as Atraj (וולד, ד).
- 2. In Urdu & Hindi it is called Santra & Narangi.
- 3. In English it is called as Orange & Citron.

### Prophet &'s guidance about citric fruits:

### Orange or Citron (Atraj) & Muslims: -

1. Hazrat Abu Musa Al-Ash'ari 🐟 says that Rasoolullah 🕮 said "A believer who recites Our'an is like an orange whose fragrance is sweet & whose taste is sweet, a believer who does not recite Qur'an is like a date which has no fragrance but has a sweet taste & the hypocrite (munafig & faajir) who recites Our'an is like (Rayhan) basil whose fragrance is sweet, but whose taste is bitter & a hypocrite (munafig & faajir) who does not recite Qur'an is like the colocynth which has no fragrance & has a bitter taste.

[Bukhari: 5427; Book. 70; English vol. 7; Book. 65; Hadees. 338]

#### (Colocynth is a bitter cucumber & also bitter apple).

### Benefits of Oranges or Citrons (Atraj): -

2. Hazrat Abdul Rehman Bin Dilham says that Nabi said that for you Oranges (or citrons) (ועד have many benefits, it reduces heart diseases & strengthens the heart.

[Jamius Sageer volume. 2; page. 139]

### Oranges or Citron (Atraj) & Honey: -

Hazrat Masrooq ه say that he found Hazrat A'isha رضى الله عنها feeding Hazrat Ibn Umme Maktoom (عسل) (a blind) with oranges (اترج).

[Mojam Ausat: 9404]

#### Note: -

Hazrat Ibn Umm Maktoom 🛎 was a blind sahabhi for whom chapter 80 (Sura) Aabasa was send by Allah Ta'ala.

### <u> About eating with sick, blind & lame: -</u>

Chapter 24 (Sura) An-Noor, Ayah 61: -

**Translation:** There is no blame on the blind, nor there is blame on the lame, nor there blame on the sick to eat at your table.

### **Content of oranges: -**

Vitamin C, levoluse, calatose, vitamin B1, B2, rutin, pectin, histadine, cholin hesperidine arginin, asparagine stachydrine, peroxidase & many beneficial enzymes & etc.

# <u> Scientific benefits of oranges: -</u>

- 1. It is best in piles, bleeding piles.
- 2. It increases complexion.
- 3. It regulates heart beat.
- 4. It is helpful in jaundice, biliary diarrhoea.
- 5. It reduces freckles of skin.

- 6. It increases liver function.
- 7. It reliefs thirst.
- 8. It strengthens the digestive system.
- 9. Delicious jam can be prepared from it.
- 10. It expels gases.
- 11. Cleans the chest.
- 12. It treats Scurvy diseases, helpful in diabetes.

### <u>Science, Ouran & Hadees regarding citrus fruits: -</u>

Citrus fruits are favored fruit of the Ouran & Hadees. Nabi & said: "The parable of a believer who reads the Quran regularly is like citrus, it has a good taste & a good fragrance". Similarly, just as the Ouran will provide a healthy spiritual life, the citrus fruits can provide a healthy physical life for the believer. In fact, all citrus fruits have many valuable nutrients. Most important of these is vitamin C.

Vitamin C is famous for its powerful antioxidant properties (meaning that it disarms powerful oxygen molecules in the body that contribute to cancer & heart disease). The body also uses vitamin C to manufacture collagen; the substance that glues cells together & is essential for healing. A large lemon contains about 75 percent of the USRDA of vitamin C. In addition, substances dubbed limonene & limonese have been found to block some of the cellular changes that can lead to cancer.

Oranges are perhaps the most universally known sources of vitamin C (117 percent of the USRDA), ranges actually have much more to offer. Hesperidine, found in oranges has been found by Brazilian researchers to stop inflammation without damaging the stomach lining as aspirin (it is an Allopathic medicine) can. Oranges also contain limonene, which according to Michael Gould, PhD. & professor of human oncology at the University of Wisconsin Medical School "cause cancer" cells to self-destruct."

# **Conclusion of Hadees:**

1. A believer who recites the Qur'an is like an orange (Oranges or citron), it reduces heart diseases & strengthens the heart. It can be eaten with Honey. .....This lesson has 3 Hadees......

# Lesson no. 12 Sidr (السدر): ·







Sidr

### Introduction: -

There are many types of Sidr (السير) trees & Sidr fruits. Jujube fruit was the first fruit, Prophet Adam ate on earth, (when he was sent on earth from paradise).

### **Names**

- 1. In Hadees & Quran it is called Sidr (السدر).
- 2. In English it is called as Jujube, lote tree, lotus tree.
- 3. Botanical name is Ziziphus spinachristi & Ziziphus jujube.
- 4. In Hindi it is called as Ber.

### Quranic references of Sidr (السير): -

#### It is mentioned 4 times in Ouran: -

- 1. Chapter 34 (Sura) Saba, verse no 16.
- 2. Chapter 56 (Sura) Waagia verse no 27 to 33.
- 3. Chapter 53 (Sura) Najm, verse no 7 to 12
  - 4. Chapter 53 (Sura) Najm verse no 16 & 17.

It is mentioned as an Earth tree. Also in one reference it is called as Paradise tree.

# Prophet ﷺ's guidance about of Sidr (السير): -

### Sidrat Al-Muntha at Mehraai Niaht: -

1. Nabi & saw Sidrat Al-Muntha (sidr / lote) tree of the utmost boundary on mehraaj night; its fruits were like pitchers Hajar (like pots).

[Al-Tibb Al-Nabawi: 803]

### <u> Iannah's Sidr: -</u>

2. Hazrat Saleem Bin Aamir 🐇 says that, once a man asked Rasoolullah 😹, that Allah Ta'ala has spoken about sidr tree (lote tree) in Quran & this Sidr has thorns which gives pain to people, Rasoolullah 🕮 assured him that sidr tree of Jannah will not have thorns & fruit will be in place of thorns, they will have 72 types of colour & taste, & all will be different from each other.

[Tafseer Ibn Kaseer vol. 7; page no. 525]

### Benefits of Sidr: -

3. It is mentioned in Fathul Bari that Nabi seguided that, there is no comparison of Sidr (السدر) & there are main 3 benefits (Ausaaf) (اوصاف) of it: - Its shade is cooling & (ظل مماود) is relaxing for the people, Its fruit is delicious (طعام لذيذ), It has sweet smell (رائحة ذكيه).

[Fathul Bari vol. 7; page no. 313]

### Sidr the first fruit eatable by Hazrat ADAM 🕮 on earth: -

4. Nabi ﷺ said that Hazrat Adam (ﷺ) ate this (السدر) fruit the first, on earth amongst other fruits.

[Abu Nu-aim: 805]

### Bath the dead body with Sidr water: -

5. Hazrat Umme Atiya رضى الله عنها says that one daughter of Rasoolullah ه died, & Rasoolullah ه told us to give bath to His daughter's body for odd numbers 3 or 5 or more times if you think necessary, with water boiled with Sidr (lote) leaves & lastly apply Kaafur (الكافور) (camphor) or anything made from it & when you finish inform me.

[Bukhari: 1263; Book. 23; English vol. 2; Book. 23; Hadees. 353]

According to Bulugh Al-Maram: 544; Book no. 3; In English Book no. 3; Hadees no. 12 that daughter was Hazrat Zainab رضي الله عنها.

6. Narrated by Ibn Abbas رخىالله عنها that once a sahabhi dead due to fall from camel, his neck got broken & he died, Nabi ه asked to bath his body with water & leaves of sidr (السدر) (lote). (This happened at the time of hajjatul wida).

[Bukhari: 1265; Book. 23; English vol. 2; Book. 23; Hadees. 355]

(Water boiled with sidr leaves is to be used).

7. Hazrat Qais Bin Asim so narrated that he accepted Islam & Nabi sordered him to perform Ghusl (bath) with water & Sidr (lote).

[Tirmizi: 605; Book. 6; English vol. 2; Book. 1, Hadees. 605]

### Content of it: -

carbohydrates, sugars, fibers, protein, vitamin B1, B2, B3, B5, B7, C,A, protein, calcium, iron, magnesium, manganese, phosphorus, potassium, sodium, zinc, selenium, copper, volatile oils, sulphur Etc.

# Scientific benefits of Sidr (ber): -

- 1. It removes dandruff, lice, swelling of eyes (wash the scalp & hair with its water) means boil Sidr in little water for 10 minutes, than filter it & apply the water or wash the scalp & hair.
- 2. Good for abscess, furuncles, obesity.
- 3. It is rich in calcium, protein, iron, magnesium etc
- 4. Increases appetite & digestion also reduces cough.
- 5. It is nourishing & energetic.
- 6. It has all nutritive values.

### Science & Hadees regarding Sidr (jujube) (lote): -

- 1. "It is Mashru" (Islamically prescribed) for anyone who wants to embrace Islam to first say Shahadah then perform Ghusl. This is according to many Hadees. It was narrated by Qais Ibn Asim that when he wanted to embrace Islam, Prophet & ordered him to perform Ghusl using water & Sidr & also to give bath to dead body with it, because it has Natural cleansing agent like soap (Contains saponins, tannins, anti-bacterial agents & alkaloids).
- 2. Sidr for washing the dead body: Add one cup of sidr powder to a bucket of water. Make it frothy with your fingers before using.
- Sidr for hair & body: Add 1 tablespoon of powdered sidr to approximately 1 cup of warm water. Mix it vigorously with your fingers to make it frothy & like soap suds. Wash your hair with it, leave on for a few minutes while washing the rest of your body, then rinse out completely. A day after hair has been washed with sidr it will be shiny & full of volume Inshaallah!

### Conclusion of Hadees: -

Bath the dead body with water boiled with Sidr. Adam see ate Sidr fruit first on earth among all fruits. Its tree, fruit all are beneficial. In Jannah Sidr will have 72 lesson.....





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# Lesson no. 13 Garlic (ثوم): ·







Garlic

(الكراث) Leek

#### **Names**

- 1. It is called as Fum in Quran.
- 2. In Hadees it is called as Saum (ثوم).
- 3. In Arabic it is called as Thum (Fum).
- 4. In Hindi, Urdu & Sanskrit it is called as Lasun.
- 5. Botanical name is Allium sativum.
- 6. Family is Liliaceae.
- 7. Leek is called as kuraas (الكراث)

# Quranic references of it: -

1. Chapter 2 (Sura) Bagara verse no. 61.

وَإِذْ قُلْتُمْ يَا مُوسَىٰ لَنَ نَصْبِرَ عَلَىٰ طَعَامِ وَاحِدٍ فَادُعُ لَنَا رَبَّكَ يُخْرِجُ لَنَا وَإِذْ قُلْتُمْ يَا تُنْبِتُ الْأَرْضُ مِنْ بَقْلِهَا وَقِثَّائِهَا وَفُومِهَا وَعَدَسِهَا وَبَصَلِهَا

**Translation:** & [remember] when you said: "O Moses (Moosa ), indeed we cannot endure but one kind of food; pray, then, to thy Sustainer that He bring forth for us aught of what grows from the earth of its herbs, its cucumbers, its garlic, its lentils, its onions.

<u>Please note:</u> Leeks are vegetable that belongs, along with onion & garlic, to the genus Allium, currently placed in family Amaryllidaceae, subfamily Allioideae.

# Prophet &'s guidance about Garlic: -

Arabic words written in below references are the words mentioned in respected Hadees. You can confirm the references of Hadees at:

- 🖛 sunnah.com &
- also. (الهكتبة الشاملة) also.

#### You can visit my website at:

- www.tib-e-nabi-for-you.com or bloggers at:
- www.drshakeel-tibenabi.com

#### Disliking of Garlic smell & disallowed to come in or near Masjid: -

1. Nabi ه disallowed people coming in masjid or near masjid, after eating Saum (ثوم) (garlic).

[Bukhari: 5451 & 5452; Book. 70; English vol. 7; Book. 65; Hadees. 362 & 363]

2. Hazrat Jabir المجادة says that Nabi المجادة said those who eat onion (بصل) or garlic (ثوم), be far or disallowed coming in masjid.

[Tirmizi: 1806; Book. 25; English vol. 3; Book. 23; Hadees. 1806]

# (Because of its bad smell).

3. Narrated Jabir Bin Samurah that Hazrat Abu Ayyub الله was staying with Nabi الله, whenever any dish (meal) use to come to Nabi الله, (respected) Nabi الله use to eat & give me the remaining, one day a dish came, from which Nabi الله did not ate at all, because it contained Garlic (وعرام), Hazrat Abu Ayyub الله asked to Nabi الله, is saum (ثوم) (garlic) haraam (حرام)? To this Nabi الله replied No, but however, I dislike its smell.

[Tirmizi: 1807; Book. 25; English vol. 3; Book. 23; Hadees. 1807]

4. Abu Hurairah reported that Nabi said, He who eats of this plant (garlic) should not approach our mosque (Masjid) should not harm us with the odour of garlic.

[Muslim: 562 B; Book no. 5; English vol. no. 4; Hadees no. 1144]

5. Narrated by Abdul Aziz that it was asked to Anas الله "What did you hear, Nabi الله saying about garlic (ووم)?" Anas الله replied, "Whoever has eaten (garlic) should not approach our mosque (Masjid)".

[Bukhari: 5451; Book. 70; English vol. 7; Book. 65; Hadees. 362]

6. Ibn Suhaib reported that Anas الأوم); he stated that Nabi ه said: He who eats of this plant (garlic) should not approach us & pray along with us.

[Muslim: 562 A; Book. 5; English vol. 4; Hadees. 1143]

[Abu Dawud: 3823; Book. 28; English Book. 27; Hadees. 3814]

8. Narrated by Ibn Umar رضي لله that during the holy battle of Khaibar Nabi ﷺ said, "Whoever ate from this plant (*i.e.* garlic) should not enter our mosque (Masjid)."

[Bukhari: 853; Book. 10; English vol. 1; Book. 12; Hadees. 812]

9. Jabir Bin Abdullah رض الله reported that Nabi ه said, He who eats of this (offensive) plant, i.e. garlic & sometimes He ه said, He who eats onion (الكراك) & garlic & Leek (الكراك), should not approach our mosque (Masjid) for the angels are harmed by the same things as the children of Adam.

[Muslim: 564 B; Book no. 5; English Book no. 4, Hadees no. 1147]

10. Narrated by Jabir 💩 that Nabi 🐉 said, "Whoever eats from garlic (الكراث), then repeated saying garlic (ثوم), onion (شيم) & Leek (شيم), then let him not approach our Masjid".

[Tirmizi: 1806; Book. 25; English vol. 3, Book. 23, Hadees. 1806]

11. Ibn Umar رضى الله عنهيا reported that Nabi 🐉 said, He who eats of this (offensive) plant must not approach our mosque (Masjid), till its odour dies: (plant signifies) garlic.

[Muslim: 561 B; Book no. 5; English Book no. 4, Hadees no. 1142]

12. Hazrat Umme Ayyub رخى الله عنيا says that I prepared a dish for Nabi 🕮 which had many vegetables cooked in it like garlic (ثوم) etc, Nabi 🕮 did not ate it & said I do not like the bad smell coming from my mouth & people getting irritated.

[Ibn Ma-jah: 3489; Book. 29; English vol. 4; Book. 29; Hadees. 3364]

### A Group of people & Garlic: -

13. Narrated by Jabir Bin Abdullah رضىالله عنهيا that Nabi 🕮 said, "Whoever has eaten garlic (بصل) or onion (بصل), should keep away from us, or should keep away from our mosque (Masjid) & should stay at home." Ibn Wahb said, "Once a plate full of cooked vegetables was brought to the Nabi & at Badr. Detecting a bad smell from it, He & asked about the dish & was informed of the kinds of vegetables it contained. He then said, "Bring it near," & so it was brought near to one of his companions who were with him. When Nabi & saw it, He & disliked eating it & said (to his companion), "Eat, for I talk in secret to ones whom you do not talk to".

[Bukhari: 7359; Book. 96; English vol. 9; Book. 92; Hadees. 458]

### (Means talk to Angels).

14. Narrated by Jabir 🐟 that a group of people came to Nabi 🙈 & He 🙈 noticed the smell of leeks coming from them. He & said, "Did I not forbid you to eat these vegetables? For the angels are offended by that which offends people".

[Ibn Ma-jah: 3490; Book. 29; English vol. 4, Book 29, Hadees. 3365.

(Means because by its bad smell in breath people & farishtaas (angel) of Allah Ta'ala get irritated).

### Raw Garlic & Onion & their smell: -

15. Narrated by Ata that he heard Jabir Bin Abdullah رضى الله عنها saying, that Nabi ه said 'Whoever eats (from) this plant (He meant garlic) should keep away from our mosque (Masjid)." I said, "What does he mean by that?" He replied, "I think he means only raw garlic (ثوم)".

[Bukhari: 854; Book. 10; English vol. 1; Book. 12; Hadees. 813]

16. Narrated by Mu'awiyah Ibn Qurrah sthat Nabi storbade these two plants (i.e. garlic & onions) & said, He who eats them should not come near our mosque (Masjid). If it is necessary to eat them, make them dead by cooking, that is, onions & garlic

[Abu Dawud: 3827; Book. 28; English Book. 27; Hadees. 3818]

17. Narrated by Sharik Bin Hanbal that Ali الله said, "Eating (raw) garlic (ثوم) is no good, except when cooked".

[Tirmizi: 1809; Book. 25; English vol. 3, Book. 23, Hadees. 1809]

18. Narrated by Hazrat Ma'daan Bin Abi Talha Ya'mur الله once Umar Bin Khattab الله on Friday khutba said that if you want to eat garlic (فوم), onion (بصل), use them in cooked food (means avoid them eating raw & coming in public & also avoid there bad smell in breath or mouth).

[Ibn Ma-jah: 3488; Book. 29; English vol. 4; Book. 29; Hadees. 3363]

### (This is a long Hadees).

19. Narrated by Sharik Bin Hanbal from Ali 🐗 said, "Eating garlic was prohibited except when cooked".

[Tirmizi: 1808; Book. 25; English vol. 3; Book. 23, Hadees. 1808]

# Content of it: -

carbohydrates, sugars, fibers, protein, vitamin B1, B2, B3, B5, B7, C, calcium, iron, magnesium, manganese, phosphorus, potassium, sodium, zinc, selenium, volatile oils, sulphur etc.

# <u> Scientific benefits of Garlic: -</u>

1. It lowers high blood pressure.

- 2. Good for arthritis, worms, bronchitis, asthma, TB, lungs infection, stomach infection, reduces cough, increases digestion, good for ear diseases.
- 3. When used with salt, it helps in migraine, gas, hysteria, sciatica, paralysis, gouts & many other diseases.
- 4. Best use in cooked food
- 5. Its juice can be applied on wounds, ulcers, abscesses etc.
- 6. Reduces cholesterol, LDL, triglyceride, It has natural sulphurs, by which body, prepares co-enzymes for metabolism.
- 7. Best for staphylococcus, E-coli & many bacterial infections.
- 8. It has anti bacterial properties.

#### \* How to use: -

- 1. Eat 2 to 3 garlic cloves early morning to reduce cholesterol & triglyceride. (Eat in little quantity only). Or prepare pickles, chatni out of it & use.
- 2. Can be used in cooking,
- 3. Fresh garlic's with its leaves are best in cold climate. & have many other benefits.
- 4. In cold climates or cold region it is very beneficial, but use in mild quality.
- 5. Bad for sex, if used in excessive quantity.
- 6. Eat anything having good smell after eating Garlic raw so that its smell do not irritates other people.
- 7. Can be use for ear infection, take 3 garlic & little oil of any kind, heat both on low flame till the garlic gets black, than filter & put in the ears in mild warm condition, 2 to 3 times a day
- 8. Can be used in all types of wounds.
- 9. Single clove is best for medicinal use. (it is a type of garlic)
- 10. Can be eaten at early morning in winter season

# Types of garlic: -

There are many types of garlic available: -

1. Garlic with multiple cloves, it is best for cooking purpose & Garlic with single clove, it is best for medicinal purpose.

#### Contra-indications: -

Do not use it in diarrhea, Bleeding disorders, Namaz time (Salah time), do not use it in weak sex.

### Science & Hadees regarding Garlic:

- 1. In Prophet & time mostly people were poor, in Arab much vegetables did not grew, vegetables from other parts of the world were not every time available, people use to eat raw onion & garlic very often & we all know that it has a very offensive smell in breath which irritates other people, & Prophet & strictly prohibited to eat raw garlic, but allowed to eat it in cooked food, & prohibited to come in Masjid or near it with its smell in breath, because in Masjid there are Angels, who also get irritated with its smell & by this rule all bad smell things should be avoided in Masjid or near it. The people often use to come in Masjid with its smell in breath, may be people ate raw onion or garlic in much quantity to fulfill their hunger, & it is seen that the bad smell is very offensive if raw onion or garlic is eaten in much quantity & remains for very long in the breath & also its smell is found in sweating which is again bad. & also cause excessive unwanted gas formation & its expulsion & if this occurs in public it is a thing which irritates others.
- 2. Today no body eats raw garlic or onion full stomach because today we have all types of vegetables available at all seasons thus it remains an ingredient of food. Thought its medicinal properties are not neglected.

### Adverse effects & toxicology: -

Garlic is known for causing bad breath (halitosis), as well as causing sweat to have a pungent "garlicky" smell, which is caused by Allyl methyl sulfide (AMS). AMS is a volatile liquid which is absorbed into the blood during the metabolism of garlic-derived sulfur compounds; from the blood it travels to the lungs (and from there to the mouth, causing bad breath) & skin, where it is exuded through skin pores.

And if eaten in excessive quantity (raw) may cause people suffer from allergies. Symptoms can include irritable bowel, diarrhea, mouth &

ulcerations, nausea, breathing difficulties & rare cases, anaphylaxis. Garlic-sensitive patients show positive tests to diallyl disulfide, allylpropyldisulfide, allylmercaptan & allicin, all of which are present in garlic.

### **Conclusion of Hadees:**

1. Do not come in Masjid or in public after eating raw vegetables whose bad smell comes from mouth. We can eat them cooked in food & bad smell should not come from mouth. Nabi & did not liked bad smell, specially from mouth because Angel use to come to Him & bringing Messages & Quranic verses from Allah & Angels get irritated by its bad smell even people get irritated.

.....This lesson has 19 Hadees......

# Lesson no. 14 Onion (البصل) :







#### Names

- 1. It is called as Basal (البصل) in Quran, Hadees & Arabic.
- 2. In Latin it is called as Allium cepa Linn.
- 3. Family is Liliaceace.
- 4. In Urdu & Hindi it is called as Pivaz.
- 5. Leek is called as kuraas (الكراث)

#### Please note: -

Leeks are vegetable that belongs, along with onion & garlic, to the genus Allium, currently placed in family Amaryllidaceae, subfamily Allioideae. Picture is given in this lesson.

# Quranic reference of onion: -

1. Onion (البصل) reference in Quran is in Chapter 2 (Sura) Bagara, (aayat) verse no. 61. (In references to Moosa (ﷺ) & His followers, in this verse onion are directly mentioned along with Mann & Salva & many other vegetables.

# Prophet ﷺ's guidance about onions (البصل): -

Also refer lesson no. 12 Garlic.

Onion in last meal of Rasoolullah :: -

Hazrat Aisha رضي الله عنها was asked by Ibn Ziyaad 🐞 about onion (البصل) & she said that the last meal which Rasoolullah ﷺ ate, had Onion (البصل) in it.

[Abu Dawud: 3829; Book. 28; English Book. 27; Hadees. 3820]

### Disliking of raw Onion smell & disallowed to come in or near Masjid: -

2. Jabir Bin Abdullah رضى الله عنها reported that Nabi ﷺ said, He who eats of this (offensive) plant, i.e. garlic & sometimes He & said, He who eats onion (الكراث) & garlic & leek (الكراث), should not approach our mosque (Masjid) for the angels are harmed by the same things as the children of Adam.

[Muslim: 564 B; Book no. 5; English Book no. 4, Hadees no. 1147]

3. Hazrat Abu Saeed Khudri 🐞 says that Nabi 🐉 disallowed to eat Onion (البصل), garlic (الثوم), Leek (البصل). [Tyalsi: 2285]

### (Raw is disliked to eat, but we can use them in cooked food)

4. Narrated by Jabir Bin Abdullah رضى الله عنهيا said, that Nabi 🗯 said "Whoever has eaten garlic (ثوم) or onion (بصل), should keep them away from us, or should keep away from our mosque (Masjid) & should stay at home." Ibn Wahb said, "Once a plate full of cooked vegetables was brought to the Nabi & at Badr. Detecting a bad smell from it. He saked about the dish & was informed of the kinds of vegetables it contained. He strange then said, "Bring it near," & so it was brought near to one of His companions who were with Him. When Nabi & saw it, He & disliked eating it & said (to His companion), "Eat, for I talk in secret to ones whom you do not talk to".

[Bukhari: 7359; Book. 96; English vol. 9; Book. 92; Hadees. 458]

(Means talk to angels).

### Garlic & Onion allowed eating in cooked food: -

5. Rasoolullah ﷺ allowed us to eat onion (الثوم) & garlic (الثوم) cooked in food. (Means avoid eating them raw).

[Abu Dawud: 3827; Book no. 28; English Book no. 27; Hadees no. 3818]

6. Hazrat Uqbah Bin Amir Al-Juhani الله says that Nabi said 'Do not eat onions (بصل),' then he said in a low voice: 'Raw'.

[Ibn Ma-jah: 3491; Book. 29; English vol. 4; Book. 29, Hadees. 3366]

7. Narrated by Mu'awiyah Ibn Qurrah shat Nabi shorbade these two plants (*i.e.* garlic & onions) & said, He who eats them should not come near our mosque (Masjid). If it is necessary to eat them, make them dead by cooking, that is, onions & garlic.

[Abu Dawud: 3827; Book. 28; English Book. 27; Hadees. 3818]

8. Narrated by Hazrat Ma'daan Bin Abi Talha Ya'mur الله once Hazrat Umar Bin Khattab الله on Friday khutba said that if you want to eat garlic (ثوم), onion (بصل), use them in cooked food. (This is a long Hadees).

[Ibn Ma-jah: 3488; Book. 29; English vol. 4 Book. 29, Hadees. 3363]

Means avoid them eating raw & coming in public & also avoid there bad smell in breath or mouth,

#### Content of it: -

carbohydrates, sugars, fibers, protein, vitamin B1, B2, B3, B5, B7, C, calcium, iron, magnesium, manganese, phosphorus, potassium, sodium, zinc, selenium, volatile oils, sulphur etc.

# Scientific benefits of onions: -

- 1. It strengthens the digestion, increases semen production, dissolves phlegm, cleans the stomach, reduce cholesterol & triglycerides.
- 2. Helpful in jaundice, cough & cold.
- 3. Helpful in following condition for local application, alopecia (means patchy hair falls), warts, white spots etc (its juice should be used with salt).
- 4. Its smell is used in fits, nausea & vomiting.
- 5. Its juice should be put in nose for sinus. (Put 2 to 3 drops of onion juice in nose)
- 6. Avoid eating raw.
- 7. Excessive eating of onion may cause migraine, weak memory, flatulence & makes complexion dark, especially raw onions.

8. For Warts take onion juice & salt, mix both & apply on warts.

#### Contra-indications: -

- Do not use it in diarrhea, Bleeding disorders, Namaz time (Salah time).
- Do not use it in weak sex.

### Science & Hadees regarding onion:

- 1. In Prophet & time mostly people were poor, in Arab much vegetables did not grew, vegetables from other parts of the world were not every time available, people use to eat raw onion & garlic very often & we all know that it has a very offensive smell in breath which irritates other people, & Prophet strictly prohibited to eat raw garlic, but allowed to eat it in cooked food, & prohibited to come in Masjid or near it with its smell in breath, because in Masjid there are Angels, who also get irritated with its smell & by this rule all bad smell things should be avoided in Masjid or near it. The people often use to come in Masjid with its smell in breath, may be people ate raw onion or garlic in much quantity to fulfill their hunger, & it is seen that the bad smell is very offensive if raw onion or garlic is eaten in much quantity & remains for very long in the breath & also its smell is found in sweating which is again bad. & also cause excessive unwanted gas formation & its expulsion & if this occurs in public it is a thing which irritates others.
- 2. Today no body eats raw garlic or onion full stomach because today we have all types of vegetables available at all seasons thus it remains an ingredient of food. Thought its medicinal properties are not neglected.

#### Adverse effects & toxicology: -

3. If excessive raw onion is used some people may suffer from allergic handling onions. Symptoms reactions & also after can include contact dermatitis, intense itching, rhinoconjunctivitis, blurred vision, bronchial asthma, sweating & anaphylaxis. The toxicity is caused by the sulfoxides present onions, causing ingestion in raw in anaemia caused by the distortion & rupture of red blood cells. (This is based on an animal's research done by using onion).

### Conclusion of Hadees: -

Do not come in Masjid or in public after eating raw vegetables whose bad smell comes from mouth. We can eat them cooked in food & bad smell should not come from mouth. Nabi & did not liked bad smell, specially from mouth because Angel use to come to Him & bringing Messages & Quranic verses from Allah & Angels get irritated by its bad smell even people get irritated.

......This lesson has 8 Hadees......

# Lesson no. 15 Ginger (الزنجبيل): •





#### Names

- 1. It is called as Zanjabeel (الزنجبيل) in Quran & Hadees.
- 2. In Arabic it is called as Zanjabeel.
- 3. In English it is called Ginger.
- 4. Its Latin name is Zinger officinale.
- 5. In Hindi & Urdu it is called as Adrak.
- 6. In Gujrati it is called as Adu.
- 7. In Sanskrit it is called as Ada.

# Quranic reference of ginger: -

1. Chapter (Sura) Dahr verse no. 17. (In it, it is mentioned that Allah's people will be given a preparation, mixed with Zanjabeel (الزنجبيل) (ginger) in Jannah (paradise).

# Prophet &'s guidance about ginger:

# Ginger pickle as a gift: -

Hazrat Abu Saeed khudri 🕸 says that, the king of Rome, Byzantine sent to Nabi 🗸 a jar of ginger (الزنجبيل) pickle, as a gift (hadiya). Nabi accepted the pickle & gave it little-little to each person, even Abu Saeed 🕸 got some.

[Abu Nu-aim: 161]

Part to be used is: - Root.

### How to use: -

- 1. In food, pickle.
- 2. Tea, soup & in dishes.
- 3. In milk.
- 4. Chatni, Sweets, Vinegar & soups.
- 5. Dry powder of ginger can also be used.
- 6. Its juice can be used with honey, apple juice etc to reduce cholesterol.
- 7. but use in mild quantity.
- 8. Paste of it can be used on pain region, lesions etc.
- 9. Dry powder of ginger can be applied on fruits, in cold season, in cough & cold.

## Content of it: -

carbohydrates, sugars, fibers, protein, vitamin B1, B2, B3, B5, B7, C, calcium, iron, magnesium, manganese, phosphorus, potassium, sodium, zinc, selenium, volatile oils, sulphur etc.

## Scientific benefits of ginger: -

- 1. Increases digestion, removes gases & blocks.
- 2. Good in cold & cough, fever, infection, throat infection, sinus, eye diseases.
- 3. Increases sex drives & semen production.
- 4. Reduces cholesterol & triglyceride.
- 5. Increases urine output, reduces stomach pain.
- 6. Helpful in bronchitis, increases appetite.
- 7. Removes stomach diseases.
- 8. Purifies & strengthens the body.
- 9. Regulates menstrual cycle.
- 10. Add taste in food.
- 11. Helpful in sore throat
- 12. Best used is in winter season.

## Science & Hadees regarding Ginger: -

1. Ouran mentions ginger as one of the drinks of Paradise. The modern name, "ginger," comes from the Arabic root, "zindshebil," & as centuries have passed, we have discovered the amazing & miraculous healing properties of ginger. Ginger is one of the best known treatments & is the classic medicine for dealing with many digestive disorders. Ginger promotes digestive &

- metabolism, which promotes digestive heat burning toxins, removes & lowers cholesterol deposits, as well as boosts the metabolism.
- 2. Ginger contains special enzymes responsible for catalyzing the proteins in your food, thus aids the digestion process & prevents cramps; this explains why ancient Greeks used to eat ginger after a large meal. Ginger is also particularly helpful when suffering from constipation.
- 3. Nausea & vomiting can be a problem when travelling (motion or sea-sickness), morning sickness during pregnancy, or while undergoing chemotherapy treatments. Ginger is known to relax & soothe the intestinal tract & alleviates symptoms of gastrointestinal stress.
- 4. By a study, it is effective as an anti-emetic (to stop vomiting) Ginger was put up against Dramamine, the most commonly used over the counter medication for motion-induced nausea. Ginger was not only more effective than the drug, but also showed no side effects compared to the drug. According to the American Cancer Society, ginger has been promoted as a cancer treatment to keep tumors from developing.
- 5. The characteristic odour & flavor of ginger is caused by a mixture of zingerone, shogaols & gingerols, volatile oils that compose one to three percent of the weight of fresh ginger. In animals, the gingerols increase the motility of the gastro-intestinal tract & also have analgesic, sedative.
- 6. Also antipyretic & anti-bacterial properties. Gingerols can inhibit growth of ovarian cancer cells in vitro -gingerol (1-[4'-hydroxy-3'-methoxyphenyl]-5*hydroxy-3-decanone*) is the major pungent principle of ginger.

#### Food for the brain: -

It is a mood enhancer (ginger's cineole) & may help to relief stress & dried ginger may improve poor memory (using 1 gram & powder in warm milk). Research shows that ginger can reverse the damaging side effects (headaches, migraines, eye damage, fatigue, drowsiness, depression, numbness, muscle spasms, nausea, rashes, rapid heartbeat, chest pain, etc) that Monosodium Glutamate (MSG), a common food additive, vital dopamine, serotonin & other neurotransmitters responsible for proper brain function & ginger helps to maintain these neurotransmitters (chemical of brain).

### Conclusion of Hadees: -

We are allowed to eat ginger.

.....This lesson has 1 Hadees......

# Lesson no. 16 Cucumber (القثاء): -





## **Names**

- 1. It is called as Qissa'a (القثاء) in Quran.
- 2. In Hadees also it is called as Qissa'a (القثاء).
- 3. In Arabic & Persian it is called as Khiyar.
- 4. In Hindi & Urdu it is called as Khira or kakri.
- 5. Latin name is Cucumis melo vari.
- 6. Family is Cucurbitaceae.

# Quranic reference: -

1. Chapter (Sura) 2 Baqara, verse no. 61.

**Translation:** & [remember] when you said: "O Moses (Moosa ), indeed we cannot endure but one kind of food; pray, then, to thy Sustainer that He bring forth for us aught of what grows from the earth of its herbs, its cucumbers, its garlic, its lentils, its onions.

Prophet &'s guidance about cucumber: -

Neutralization of hot potency with cold potency: -

1. Hazrat Abdullah Bin Jaffar المرطب says that he had seen Rasoolullah هو eating cucumber (Qissa'a) (الرطب) with Rutab (الرطب) (fresh ripen dates).

[Tirmizi: 1844; Book. 25; English vol. 3; Book. 23; Hadees. 1844]

2. Hazrat Aisha رالقثاء) narrates that she ate (القثاء) cucumber & Rutab (الرطب) (freshly ripen dates) to increase her weight, earlier she had taken many things to gain weight, but by cucumber & dates she gained weight.

[Ibn Ma-jah: 3449; Book. 29; English vol. 4; Book. 29, Hadees. 3324.]

(She wanted to get little fat before going to Nabi & house after her Nikah with Nabi &).

### Liking of Cucumber: -

3. Narrated by Hazrat Rabia Bint Maud 'Afra رضى الله عنها that Nabi ﷺ liked (يُحِبُّ الْقِقَّاءِ) cucumbers.

[Shama'il Muhammadiya: 202; Book. 30; English Book. 29; Hadees. 193]

4. Hazrat Rubayyi Bint Mu'awwadh Ibn Afraa رضى الله عنها said, I took a plate of fresh dates & small cucumbers to Rasoolullah . He gave me a handful of jewellery, or a handful of gold.

[Shama'il Muhammadiya: 203; Book. 30; English Book. 29; Hadees. 194]

(As a (Hadiya) present).

#### Content: -

vitamin B, vitamin C, copper, fats, calcium, sodium, potassium, magnesium, phosphorus, sulphur, iron, chlorides, silicone, it is mostly alkaline.

## <u> Scientific benefits of cucumber: -</u>

- 1. Cools the body, increases urine output & strengthens the body.
- 2. It reduces swelling, good for burning urination, urinary bladder problem, digestion, skin problems.

- 3. Best in summer or hot climate, best for rehydration.
- 4. It is called as a "Super food".
- 5. Eliminates toxins (waste) out of the body.
- 6. Its skin is rich in vitamin C, good for skin & hairs.
- Can be kept on eyes to reduce inflammation, its sulphur & silicon is best for hair.
- 8. Reduces chances of cancers.
- 9. It removes bad smell in breath.
- 10. It helps in diabetes, reduces cholesterol & controls blood pressure.
- 11. It is good for joints, gouts, arthritis, nails, gums, kidneys, liver.
- 12. Reduces dark circles, puffiness of eyes, sunburn & freckles.
- 13. Improves complexion.
- 14. Should be eaten in little quantity.
- 15. Best in summer season.
- 16. Eat it with little black pepper.

## Science & Hadees regarding Cucumber: -

- 1. Cucumbers are scientifically known as *Cucumis sativus* & belong to the same botanical family as melons (including watermelon & cantaloupe) & squashes (including summer squash, winter squash, zucchini & pumpkin). Cucumbers contain lariciresinol, pinoresinol & secoisolariciresinol—three lignans that have a strong history of research in connection with reduced risk of cardiovascular disease as well as several cancer types, including breast, uterine, ovarian & prostate cancers.
- 2. Fresh extracts from cucumbers have recently been show to have both antioxidant & anti-inflammatory properties. It helps to improve antioxidant status, inhibit the activity of pro-inflammatory enzymes like *cyclo-oxygenase* 2 (COX-2) & prevent overproduction of nitric oxide in situations where it could pose health risks. It's highly likely that cucumber phytonutrients play a key role in providing these antioxidant & anti-inflammatory benefits, supporting health alongside of the conventional antioxidant nutrients—including *vitamin C, beta-carotene & manganese*—of which cucumbers are an important sources.

# Cucumber & dates together: -

3. Cucumber & dates: cucumber has a cold effect & dates have a hot one. By combining the two they get neutralized. From the Hadees we come to know

that it is recommended that the effect (hot or cold) of things eaten should be taken into consideration. Cucumber is insipid & tasteless & dates are sweet which results in the cucumber also tasting sweet. Both are opposite to each other & cucumbers are rich in water contains.

4. Please match the nutritional facts of both cucumber & dates & see what a combination both is, both makes a perfect nutrition & are opposite to each other. This is the miracle of Sunnah of Prophet ...

Nutritional value of Dates. 100 mg of Dates has Calories 282 % Daily Value		Nutritional value of Cucumber. 100mg of Cucumber has Calories 16 % Daily Value	
Water content in dry dates	10% - 20%	Water content in cucumber	96%
Total Fat 0.4 g	0%	Total Fat 0.1 g	0%
Saturated fat 0 g	0%	Saturated fat 0 g	0%
Polyunsaturated fat 0 g		Polyunsaturated fat 0 g	
Monounsaturated fat 0 g		Monounsaturated fat 0 g	
Cholesterol 0 mg	0%	Cholesterol 0 mg	0%
Sodium 2 mg	0%	Sodium 2 mg	0%
Potassium 656 mg	18%	Potassium 147 mg	4%
Total Carbohydrate 75 g	25%	Total Carbohydrate 3.6 g	1%
Dietary fiber 8 g	32%	Dietary fiber 0.5 g	2%
Sugar 63 g		Sugar 1.7 g	
Protein 2.4 g	4%	Protein 0.6 g	1%
Vitamin A	0%	Vitamin A	2%
Vitamin C	%	Vitamin C	4%
Calcium	3%	Calcium	1%
Iron	5%	Iron	1%
Vitamin D	0%	Vitamin D	0%
Vitamin B6	10%	Vitamin B6	10%
Vitamin B12	0%	Vitamin B12	0%
Magnesium	10%	Magnesium	3%

# **Conclusion of Hadees: -**

Nabi & ate cucumber & fresh ripens dates, they increase the weight. Cucumber was liked by Nabi &

.....This lesson has 4 Hadees......

## Lesson no. 17 Olive (Zaitoon) (الزيتون):





### **Names**

- 1. In Quran, Hadees & Arabic olive is called as Zaitun (الزيتون).
- 2. In Hadees, its oil is called as Zait (زيت).
- 3. In English it is called as Olive.
- 4. In Persian, Hindi & Urdu it is called as Zaitun.
- 5. In Latin it is called as Olea europaea Linn.
- 6. Family is Oleaceae

## Quranic references of olive (Zaitun / Zait): -

1. Chapter 6.	(Sura) An'am (انعام)	verse no. 99 & 141.
2. Chapter 16.	(Sura) Nahl (نحل)	verse no. 11.
3. Chapter 23.	(Sura) Mu'minun (موءمنون)	verse no. 20.
4. Chapter 24.	(Sura) Noor (نور)	verse no. 35.
5. Chapter 80.	(Sura) Abasa (عبس)	verse no. 29.
6. Chapter 95.	(Sura) Teen (تین)	verse no. 1.

In Quran, olive is mentioned 7 times (6 times directly mentioned by the name of *Zaitun* & 1 time in chapter Mu-minun in indirect reference as "A"

tree springing out of Mount Sinai, which produces oil & benefits to those who use it as food".

Amongst the 6 direct references in Quran, 2 times it is mentioned alone & 4 times with other fruits like Dates, Pomegranate, Grapes & Figs.

# Prophet ﷺ's guidance about Zaitun (Olive) الزيتون: •

## Benefits & Merits of Olive oil: -

1. Hazrat Umar Bin Khattab الله says that Rasoolullah said, "Use Zait (ديت) (Olive oil) in eating & massage the body with it, for it comes from a precious (مباركة) (blessed) tree.

[Tirmizi: 1851; Book. 25; English vol. 3; Book. 23; Hadees. 1851]

2. Hazrat Uqba Bin Aamir الباسور Nabi ه said "For you Zaitoon blessed tree oil is present, treat by it (oil) so that it cures Basoor (الباسور).

(Basoor is piles). [Abu Nu-aim/Al-tibbun Nabawi: 463.]

3. Hazrat Umar الله says that Nabi هم said treat with Zait (زيت) (Olive oil), eat & massage with it (oil) because it is Mubarak (مباركة) (blessed) tree.

[Ibn Ma-jah: 3444; Book. 29; English vol. 4; Book. 29; Hadees. 3319]

4. Hazrat Abu Hurairah الله says that eat Zait (زيت) (Olive oil) & massage (with it) in it there is cure for 70 (سبعين) diseases, including Juzaam (الجنالم)). (Juzaam means leprosy) (kodh) or a severe skin disease

[Abu Nu-aim/Al Zait: 684]

5. Abdullah Bin Saeed narrated that his grandfather said:"I heard Abu Hurairah & saying that Rasoolullah & said, Eat Zait (زيت) (Olive oil) & apply it (on body) because it is Mubarak (مباركة) (blessed).

[Ibn Ma-jah: 3445; Book. 29; English vol. 4; Book. 29; Hadees. 3320]

6. Nabi 🎄 said who massages with Zait (زيت) (olive oil) shaitaan (evil) do not comes near him. [Abu Nu-aim/Al Zait: 685]

7. Hazrat Zaid Bin Arqam له says that Rasoolullah هه advised, as a treatment for pleurisy (ذات الجنب) (zaatul-janb), Memecylon (ورس) (Warss), Costus (قسط) (Qust), & Olive oil (زيت) (Zait) & take at one side of mouth (يُلِلُّنُ).

[Ibn Ma-jah: 3596; Book. 31; English vol. 4; Book. 31, Hadees. 3467]

Means the preparation should be taken at the side of the mouth to which side the problem in the body is, means if the problem is at the right side of the body than take the preparation at the right side of the mouth. Means treat pleurisy with Warss, costus & olive oil. Warss & Costus are herbs. Please refer lesson no. 32 Warss & lesson no. 24 Qust learn about them.

8. Maimun Abu Abdullah said: "I heard Zaid Bin Arqam القسط البحرى & olive oil (القسط البحرى) for pleurisy (ذات الجنب).

[Tirmizi: 2223; Book. 28; English vol: 4; Book. 2; Hadees. 2079]

9. Qatadah narrated from Abu Abdullah that Zaid Bin Arqam الله said that Nabi ه would acclaim olive oil (الوَّيْتُ & Memecylon (الْوَرْسُ) (Warss) for (the treatment of) pleurisy." Qatadah said: "And it is put in the mouth on the side which he is suffering."

[Tirmizi: 2222; Book. 28, English vol. 4; Book. 2, Hadees. 2078]

10. Hazrat Khalid Ibn Saad ه says that I & Ghalib Ibn Jabar ه were travelling & Ghalib Ibn Jabar ه fell ill, Than we reached Madinah, Ibn Abi Ateeq ه visited him, (because Ghalib Ibn Jabar was ill) Ibn Abi Ateeq ه was nephew of Hazrat A'isha رضى لله عنه & advice to use 5 or 7 seeds of Black Caraway (Kalonji) (الحبةالسوداء) crushed & mix in little olive oil (زيت) & put the preparation in both nostrils. Ibn Abi Ateeq ه says that he heard Hazrat A'isha رضى لله عنها saying that Rasoolullah ه said that Habbat Sauda (الحبةالسوداء) (black seed) has cure for every diseases except death & Hazrat Galib Ibn Jabar ه got well.

[Ibn Ma-jah: 3575; Book. 31; English vol. 4; Book. 31, Hadees. 3449]

11. Hazrat Algama Bin Aamir 🐗 says that Nabi 🗸 said "For you Zait of Al-Zaitoon (زيت الريتون) (Olive oil) is present, use it, in eating & massage because it is beneficial in piles (Bawaseer) (البواسير)".

[Kanz al-Ummal: 28295]

## Contents of Olive: -

Calcium, sodium, potassium, copper, iron, manganese, selenium, zinc, phyrtosterols, vitamin E, C, K, B-complex, omega 6, linoleic acid & etc.

## Scientific benefits of Olive: -

- 1. It protects coronary arteries (heart arteries), reduces cholesterol, blood pressure, controls diabetes, obesity, LDL (bad cholesterol), prevents cancers, breast cancers, stomach cancers, colon cancers, uterus cancer, ovarian cancers, skin cancers etc. It contains vitamin E & acts as an anti oxidant, prevents stroke, depression, reduces plaque formation in coronary arteries & prevent atherosclerosis (hardening of arteries of heart) & helps in healing of wounds.
- 2. Best for skin as an anti ageing, anti wrinkles, increases tone of skin, cleans internal organs, helpful in rheumatoid arthritis, osteoporosis & osteoarthritis, good for hair, lice problem.

# Science & Hadees regarding Olive & Qust:

#### Olive medicinal uses: -

Nabi & recommended the use of olive oil in Pleurisy. Keeping this in view olive oil was administered in various diseases of Respiratory tract & it was observed that the regular use of olive oil was affected in common cold & coryzha & pneumonia.

The medicinal & cosmetic uses of olive products are truly astounding. The oil is extremely nutritious & is recommended by dieticians to "improve the balance of fats within the blood" (Adams, 2001) as well as in lowering cholesterol levels. Since the 1950s, the benefits of the Mediterranean diet, rich in olive oil, have been extolled. While it has always been promoted as being beneficial in lowering cholesterol levels, it is now increasingly being linked to lowering blood pressure.

A study by Dr. Ferrara & his colleagues of the Frederico II University of Naples, Italy (Ferrera et al., 2000) compared the effects of two similar low-fat diets on the blood pressure of hypertensive patients. One diet was enriched with extra virgin olive oil, high in monounsaturated fatty acids while the second was enriched with the same amount of sunflower oil with a high content of polyunsaturated fatty acids.

The patients on the former diet, all hypertensive, showed significant reductions in their blood pressure, thereby indicating that a diet, rich in olive oil, is not only associated with lower levels of cholesterol, but with lower blood pressure as well. The DASH (Dietary Approaches to Stop Hypertension) eating plan, which promotes a diet low in sodium & high in unsaturated fats, also recommends olive oil (National Heart, Lung & Blood Institute, 2003).

Another medical benefit of olive oil relates to the maintenance of a healthy digestive system. Oxford University's Institute of Health found that "olive oil may have a protective effect on the development of colorectal cancer" (Stoneham et al., 2000).

Olive oil has traditionally been used to prevent constipation, assist in 'cleansing' of the gallbladder & in treating various ailments related to skin problems such as burns, scratches & sunburn (Cook, 1934). Cook, wrote in the 1930s, that, "Those who recognize its wonderful medicinal properties & uses, will never fail to keep a bottle of pure olive oil in the house."

Olive oil is also applied to the skin as it brightens the complexion, softens the skin & is used in the treatment of eczema & psoriasis. It is also used on the hair, especially problems relating to "dry hair & flaky scalp" (Adams, 2001). Furthermore, olive oil is used for massage & as carrier oil when blending essential oils.

The leaf of the olive tree is famous for its antiviral properties. It has been traditionally used to cool fevers by boiling the leaves in water & drinking the decoction. Olive leaf was not only used to treat severe cases of fever, but tropical diseases such as malaria as well. Today, olive leaf extract is available from natural health practitioners & taken orally in a tablet form.

### Olive oil: -

- The studies found that people who regularly consume olive oil are much less likely to develop cardiovascular diseases, including hypertension (high blood pressure), stroke & hyperlipidemia (high blood cholesterol & triglyceride levels)
- Regular olive oil intake helps reduce inflammation, endothelial dysfunction (problems with the inner linings of blood vessels) thrombosis & carbohydrate metabolism.

## Olive oil helps to prevent stroke: -

Dr. Cécilia Samieri, from the University of Bordeaux & the National Institute of Health & Medical Research (INSERM) of Bordeaux, France & colleagues reported in the journal Neurology that olive oil may prevent strokes in older people & frying with olive oil does not raise heart disease risk. The team found that older people who regularly used olive oil for cooking & salad dressing or with bread had a 41% lower risk of stroke, compared with their counterparts who never consumed it.

Dr. Samieri said, "Stroke is so common in older people & olive oil would be an inexpensive & easy way to help prevent it."

## Olive oil may reduce breast cancer risk: -

A team of scientists at the University at Autonoma de Barcelona in Spain found a key mechanism by which virgin olive oil protects the body against breast cancer, in contrast to other vegetable oils. It is also very much helpful in reducing cholesterol levels, Alzheimer's disease, acute pancreatitis, protects the liver, ulcerative colitis.

Olive oil acts healing on acne & other skin conditions. However, one study noted that squalene, which is in olive oil, may contribute to relief of seborrheic dermatitis, acne, psoriasis or atopic dermatitis. One laboratory study reported that a mixture of honey, beeswax & olive oil inhibits the growth of Staphylococcus aureus & Candida albicans, with the same mixture reducin the discomfort of hemorrhoids (piles) & anal fissures (tear in anus) in adults. It is very much beneficial for massaging infants & toddlers.

## Olive oil in metabolic syndrome: -

The metabolic syndrome is a combination of abdominal obesity, high blood pressure, abnormal cholesterol & high blood sugar. "Metabolic syndrome is connected to the obesity epidemic of our time, a big belly poisons our metabolism & a poisoned metabolism can result in type 2 diabetes, heart attacks, stroke, or sudden death," a leading researcher reported".

Olive oil which is rich in oleic acid, (mono-unsaturated fatty acid) & contains several bioactive compounds such as antioxidants, high in phenolic antioxidants, Saturated Fat: 13.8%, Monounsaturated Fat: 73% (most of 18 carbon long oleic acid), Omega-6: 9.7%, Omega-3: 0.76%, Vitamin E: 72% of the RDA, Vitamin K: 75% of the RDA, oleocanthal, as well asoleuropein (antioxidants & anti-inflammatory), Some people have criticized olive oil for having a high Omega-6 to Omega-3 ratio (over 10:1), but keep in mind that the total amount of polyunsaturated fats is still relatively low, so this shouldn't be a cause for concern.

## Oust (costus) & Zait (olive oil) use together: -

Qust is an anti-bacterial herb with a very good effect & olive oil increases its medicinal actions & both enhance action of each other.

## A research on Qust (costus) for pleurisy (zatul Jamb) & other lungs disease: -

Anti-bacterial effect of Indian costus (Qust ul Hind) & sea-Qust & their water extracts on some pathogenic bacteria of the human respiratory system. AL-Kattan, Manal Othman Faculty of Science (Girls), Department of Microbiology, King Abdul Aziz University, Jeddah, Saudi Arabia (Accepted on 4 May, 2012).

The pathogenic bacteria of the human respiratory system are characterized by resistance (medicines do not work) to most antibiotics. Staphylococcus aureus & Klebsiella pneumonia are some of the pathogenic bacteria of the human respiratory system which often cause pneumonia, pleurisy & meningitis. Moreover, they are the most prominent strains of bacteria in most hospitals.

Bacterial resistance to antibiotics occurs as a result of excessive usage of antibiotics in the treatment of diseases. For that reason, it is necessary to seek for medical alternatives that are safer for the treatment of these bacteria. Alternative medicine, especially, has revealed many plants & herbs that are used in the treatment for some diseases including respiratory diseases.

The purpose of this study was to determine the effect of the Indian costus & sea-costus on the pathogenic bacteria; Escherichia-coli, aeruginosa, Staphylococcus aureus Pseudomonas & pneumonia. In addition, the effect of the water extracts of the Indian costus & sea-costus on Staphylococcus aureus & Klebsiella pneumonia was also determined.

### Result of the research: ·

The results showed antibacterial effect of two types of dried Costus roots on all tested bacteria, especially in high concentrations. Also, the cold or hot water extract of Indian Costus was highly effective against tested bacteria at 20 to 25% concentration, while the hot extract of sea-Oust was more effective against tested bacteria than its cold extract in all the concentrations used.

## Conclusion of Hadees:

Olive is blessed tree, has barkat in it, eat its oil & apply on body, it cures leprosy, Basoor, best for pleurisy & shaitaan (evil) run away when we use it, can be used in combination of Warss (Memecylon), Oust (costus) etc, should be taken in one side of mouth or put in nose.

.....This lesson has 10 Hadees.....

## Lesson no. 18 Pumpkin & Bottle Gourd (Kudu & Duddhi):



Dubba (Round Pumpkin)



Kar'a (Elongated Pumpkin)



Bottle Gourd. (Dudhi)



Bottle Gourd (Round) Gol Dudhi

# **Names**

- 1. In Ouran it is called as YAOTEEN (بقطين) (means a plant without branches) means it is creeper.
- 2. In English it is called as Pumpkin.
- 3. In common language it is called as Kaddu.
- 4. In Hadees, Pumpkin is called as Kar'a (التبرع) and Dubba (اللهرع).
- 5. Round Pumpkin is called Dubba & elongated Pumpkin is called as Kar'a.

## Consideration: -

Many scholars consider bottle gourd (dudhi) as Dubba & Kar'a, but many consider pumpkin (Kaddu), we can consider both pumpkin & bottle gourd, but pumpkin refers stronger than bottle gourd. Bottle gourd is lauki (Dudhi). So we should eat both & both are considered as Sunnah, Though Allah Ta'ala knows better.

## Quranic reference of it: -

1. In Chapter 37 (Sura) As-Saffat verse no. 139 to 146. In these verses the story of Prophet Yunus is told & Yaqteen is mentioned as climbers like tree.

**Translation:** & We caused to grow over him a tree, a gourd.

# Prophet ﷺ کا القرع) Prophet ﷺ (النُّبَّاءِ ) & (القرع) Prophet

### A Feast: -

1. Narrated Anas Bin Malik الله that, a tailor invited Rasoolullah اله to a meal which he had prepared. I went with Rasoolullah اله to that meal & the tailor served Rasoolullah الله with barley bread (حُنْرُا مِنْ شَعِيرٍ) & soup of round pumpkin (النُّبَاء) & cured meat. I saw Rasoolullah الله picking the pieces of gourd from around the dish & since then I have kept on liking round pumpkin (النُّبَاء).

[Bukhari: 5439; Book. 70; English vol. 7; Book. 65; Hadees. 350]

Nabi 🐉 had a slave (gulam) to who (respected) Nabi 🐉 had freed this slave became a tailor & invited (respected) Nabi 🐉 for a feast.

# Liking of Pumpkin: -

2. Hazrat Anas Bin Malik له says that Nabi الله liked (حب) long pumpkin (القرع) very much.

[Ibn Ma-jah: 3427; Book. 29, English vol. 4; Book. 29; Hadees. 3302]

## Dubba (Pumpkin) used to increase the food: -

3. Narrated by Hakim Bin Jabir الله that his father said: "I entered upon Nabi in his house & He had some of round pumpkin (الله الله ), I asked 'What is this?' Nabi replied 'This is long pumpkin (الله ) it is round pumpkin (الله ) we augment our food with it".

[Ibn Ma-jah: 3429; Book. 29; English vol. 4; Book. 29, Hadees. 3304]

4. Jabir Bin Taariq ه says that "I attended the assembly of Rasoolullah ه & I observed, they were busy cutting round pumpkin (التُبَاء)into pieces, I inquired 'What shall be made of this', He ه replied, It will be added in our food.

[Shama'il Muhammadiya: 161; Book. 26, English Book. 25, Hadees. 152]

Benefits & merits of Pumpkin: -

5. Hazrat Anas Bin Malik السُّبَاء says that Nabi ه said that round pumpkin (السُّبَاء) increases the intelligence, brain function & increases brain strength.

[Kanz al-Ummal: 28277]

6. Hazrat Ataa Bin Ribah القرع says that Rasoolullah said that long pumpkin (القرع) is present for you, which increases the intelligence & strengthens the brain (الرماغ).

[Shobul Imaan: 5547]

7. Hazrat Wasila القرع says that Nabi ه said that long pumpkin (القرع) is present for you, which increases the intelligence (العامل) & lentils (masoor daal) (العامل) is also present for you, which was eaten by more than 70 Prophet of Allah Ta'ala.

[Tabraani: 152]

8. Hazrat A'isha رضى الله عنها said to father of Hazrat Hisham Bin Arwah ه that Nabi ه said to her that whenever you cook dry meat add round pumpkin (الدُّبَّاء) in it because it strengthens the heart which is effected with (قلب الحزين) inferior complex.

[Ibne Qayyim vol. 1; page. 308]

9. Hazrat Abu Talut القرع says that I went to Hazrat Anas Bin Malik & & he was eating long pumpkin (القرع) & he said long pumpkin (القرع) is from

such a plant to which I like very much because it is loved very much by Rasoolullah ...

[Tirmizi: 1849; Book. 25; English vol. no. 3; Book. 23, Hadees. 1849]

## **About Nabiz: -**

10. Sumamah Bin Hazn Al-Qushairi (رضى الله عنها said: "I met A'isha (عُنَامَةُ بَنْ حَزْن ) said: "I met A'isha رحى الله عنها & asked her about Nabiz, She said, 'The delegation of 'Abdul-Qais came to Rasoolullah & asked in which vessels they should soak (fruits - to make Nabiz). Nabi & forbade them to soak (fruits) in round pumpkin (النَّابَاء), Naqir, Muqayyar & Hantam.

[An-Nasa'i: 5638; Book. 51; English vol. 6; Book no. 51, Hadees no. 5641]

11. Hazrat Abu Hurairah السُّامة said, Nabi هُ forbade soaking (fruits) in round pumpkin (السُّابًا) & Muzaffat" (containers for make Nabiz).

[An-Nasa'i: 5630; Book. 51; English vol. 6; Book. 51, Hadees. 5633]

(Nabiz is, dates, grapes or dried grapes soaked in water overnight & the syrup is drank, this Nabiz converts into alcohol so it is not allowed to prepare nabiz in pumpkin, green container & etc, as people use to do at that time) (Please refer lesson no. 10 Dates)

# Raw pumpkin contents: -

Energy, Vitamin A, beta-carotene, lutein & zeaxanthin Thiamine (vit.B1), Riboflavin (vit.B2), Niacin (vit.B3), Pantothenic acid (vit.B5), Pyridoxine (vit.B6), Folate (vit.B9), Vitamin C, Vitamin E, Vitamin K, Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc, carbohydrates & etc.

# Scientific benefits of pumpkin: -

1. It is amongst the low calories vegetable. 100 g of it provides just 26 calories & contains no saturated fats or cholesterol; It is rich in dietary fiber, anti-oxidants elements, minerals, vitamins like vitamin-A, vitamin-C & vitamin-E, it Improves vision due to Vitamin A (retinol).

- 2. It helps in control of cholesterol & weight. It is also an excellent source of many natural poly-phenolic flavonoid compounds such as alpha & beta carotenes, cryptoxanthin, lutein & zea-xanthin, carotenes convert into vitamin A inside the body.
- 3. Zea-xanthin is a natural anti-oxidant which has UV (ultra-violet) rays filtering actions in the macula lutea in retina of the eyes. Thus, it helps protect from "age-related macular disease" (ARMD) in the elderly.
- 4. It is a good source of B-complex group of vitamins like folic acid, niacin, vitamin B-6 (pyridoxine), thiamin & pantothenic acid.
- 5. It is also rich source of minerals like copper, calcium, potassium & phosphorus. Pumpkin seeds are an excellent source of dietary fiber & mono-unsaturated fatty acids, which are good for heart health.
- 6. In addition, the seeds are concentrated sources of protein, minerals & health-benefiting vitamins.
- 7. For instance, 100 g of pumpkin seeds provide 559 calories, 30 g of protein, 110% RDA of iron, 4987 mg of niacin (31% RDA), selenium (17% of RDA), zinc (71%) etc., but no cholesterol. Further, the seeds are an excellent source of health promoting amino acid tryptophan. Tryptophan is converted into *GABA* in the brain.
- 8. Pumpkin juice is a juice extracted from raw pumpkins. Its juice has several health benefits due to which it can be used as a healthy substitute for carbonated drinks.
- 9. Pumpkin has a high content of vitamin D as well as minerals like copper, iron & phosphorus. Juicing is a suitable way to obtain these nutritional benefits of pumpkin.
- 10. This juice is highly regarded by vegetarians because of its delicious taste & versatility of use.
- 11. It is also used as an active ingredient in many sweets & pharmaceutical preparations.
- 12. It has Magnesium which is good for heart. It helps in ATP (adenosine triphosphate) formation (the energy molecules of our body) & it increases pumping action of our heart, proper bone & tooth formation, relaxes the blood vessels & brings proper bowel function.

- 13. Magnesium has been shown to benefit your blood pressure & help prevent sudden cardiac arrest, heart attack & stroke.
- 14. Pumpkin seeds are a rich source of zinc & it is important for our body in many ways, increases immunity, cell growth & division, sleep, mood, your senses of taste & smell, eye & skin health, insulin regulation & male sexual function. Helps in colds & flu, chronic fatigue, depression, acne, low birth weight babies, learning problems & poor school performance in children.
- 15. Pumpkin seeds are one of the best sources of plant-based omega-3s (alpha-linolenic acid or ALA). We all need ALA; however, ALA has to be converted in our body into essential omega-3 fats EPA & DHA.
- 16. Pumpkin seeds are important natural food for men's health because of high zinc content, which is important for prostate health.
- 17. Pumpkin seed extracts & oil are used in treating benign prostatic hyperplasia (BPH, or enlarged prostate). Research suggests that both pumpkin seed oil & pumpkin seeds are beneficial in supporting prostate health.
- 18. Pumpkin seeds may help improve insulin regulation & help prevent diabetic & decreases oxidative stress.
- 19. Pumpkin seed oil is rich in natural phytoestrogens & studies suggest it may lead to a significant increase in good "HDL" cholesterol along with decreases in blood pressure, hot flashes, headaches, joint pains & other menopausal symptoms in postmenopausal women.
- 20. Pumpkin seeds are rich in healthy fats, antioxidants & fibers, & provide benefits for heart & liver health, particularly when mixed with flax seeds.
- 21. Pumpkin seeds are a rich source of tryptophan, an amino acid (protein building block) that our body converts into serotonin, which in turn is converted into melatonin, the "sleep hormone.
- 22. Eating pumpkin seeds a few hours before bed, along with a carbohydrate like a small piece of fruit, may be especially beneficial for providing your body the tryptophan needed for your melatonin & serotonin production to help promote a restful night's sleep.

23. Pumpkin seed oil has been found to exhibit anti-inflammatory effects especially in arthritis, without the side effects.

## What's the best way to consume pumpkin seeds?

1. Pumpkin seeds should be eaten raw, but should be fresh & should soaked in water & than keep them in oven or roast them on a low heat (At not more than 170 degrees F heat or 75 degrees Celsius), sprinkled with Himalayan or other natural salt, for about 15-20 minutes).

## Scientific benefits of bottle gourd & its uses: -

- 1. Bottle gourd contains 92% of water & the remaining is easily digestible fiber. So it is the easily digestive food.
- 2. The glucose & sugar related compounds are nearly nil in the bottle gourd. So it the one of the food option for the diabetic patients.
- 3. Bottle gourd is the one of the body heat control food. It keeps your body temperature at normal level.
- 4. Bottle gourd juice is widely used for the weight loss. Take the fresh bottle gourd & peel the skin of the veggie & make the bottle gourd into small pieces. Take those pieces into juicer & make them as juice. Filter the juice from the waste. This bottle gourd juice helps to reduce the weight.
- 5. Bottle gourd helps to reduce the blood sugar levels. Take the bottle gourd in the daily diet or to make the habit of drinking the bottle gourd juice daily helps a lot to the diabetic patients.
- 6. It helps in reducing inflammations of liver & kidneys.
- 7. This bottle gourd juice is also helpful in treating diarrhea. Take bottle gourd juice with a pinch of the salt this will heal diarrhea.
- 8. It is the best food for the person suffering from constipation. The water & fiber in the bottle gourd make the digestive system free & active & relief constipation.
- 9. Sesame oil mixed with the bottle gourd in the equal amounts & applied on hair & scalp, before going to bed, helps to have good sleep. It is one of the remedy for the insomnia (lack of sleeps).

10. Bottle gourd helps to treat the urinary tract infection. Take the fresh bottle gourd juice & squeeze the fresh lime in it & mix both & take it orally. It is a best remedy for the urinary infections.

## Content of bottle gourd (dudhi): -

Water, Energy, Protein, Carbohydrate, Dietary Fiber, Phosphorus, Potassium, Sodium, Zinc, calcium, Vitamin C. B1, B2, B6,

## Science & Hadees regarding Squash (pumpkin): -

Squash is among the vegetables mentioned by Nabi & Hadees from Bukhari quotes that Ibn Malik said, "A tailor invited the Prophet & to a meal that he had prepared & I went along with the Prophet . The tailor presented barley bread & soup containing gourd & cured meat. I saw the Prophet & picking the pieces of gourd from around the dish & since then I have kept on liking gourd.

Dexter L. Morris, MD, PhD, vice chairman & associate professor in the department of emergency medicine at the University Of Northern Carolina School Of Medicine says that "Squash & gourd contain such a rich array of vitamins & minerals & other compounds that scientists have just begun to map its healing power." However, they have managed to come to at least a few conclusions & one is that squash is one of the richest sources of vitamin C & beta-carotene (25% respectively). Scientists have found that people who have more vitamin C in the diets over time have fewer lung ailments as the vitamin gets transported to the lining of the lung & serves as an antioxidant. Also read scientific benefits.

# In Hadees it is mentioned it increases the brain function & intelligence: -

For instance, 100 g of pumpkin seeds provide 559 calories, 30 g of protein, 110% RDA of iron, 4987 mg of niacin (31% RDA), selenium (17% of RDA), zinc (71%) etc., but no cholesterol. Further, the seeds are an excellent source of health promoting amino acid tryptophan. Tryptophan is converted to GABA in the brain; tryptophan is needed for melatonin & serotonin production to help promote a restful night's sleep. It also prevent stroke.

In Hadees it is mentioned it strengthens the heart, reduces inferior complex: -

It has Magnesium which is good for heart. It helps in ATP (adenosine triphosphate) formation (the energy molecules of our body) & it increases pumping action of our heart, proper bone & tooth formation, relaxes the blood vessels & brings proper bowel function. Magnesium has been shown to benefit your blood pressure & help prevent sudden cardiac arrest, heart attack & stroke. Pumpkin seeds are an excellent source of dietary fiber & mono-unsaturated fatty acids, which are good for heart health.

## Conclusion of Hadees: -

Nabi & liked pumpkin, it should be added in food, it increases the brain function & intelligence, strengthens the heart, reduces inferior complex, it was eat by previous Prophets also. We are not allowed to prepare Nabiz in it. (Nabiz is when dates or raisins are soaked in water overnight & the syrup is drank) (*Please refer the lesson no. 10 on dates*).

......This lesson has 11 Hadees......

# Lesson no. 19 Beet Root (Salq) (السلق): •

# GET TO KNOW ME BEETS Baby Candy Cane Beet. Baby beets are popular served sliced in a salad, or as a side dish. They are sweeter than all other beets & take less time to prepare. Available yearround. Blankoma Beet (white beet root or Chard) White beet with an early maturity, the blankoma beet has a fine, tender bulb that is very tasty when cooked. It is best enjoyed roasted with olive or nut oil. They are available year-round. Bull's Blood Beet (dark reddish) An heirloom beet, with sweet flavor, that is richer than the usual beet. Like the beet itself, the leaves of the plant are a deep red & can be eaten as a salad leaf. The juice from the bull's blood beet is used to make the food red coloured. It is available year-round. Chiogga Beet White-fleshed Italian heirloom beet with rings of color that can be purple, red or pink. The chiogga beet has a sweet peppery flavor & is smooth & mild tasting. It is beautiful served sliced raw in a salad, or roasted & tossed. It is available year-round. Golden Beet The golden beet has a deep gold color flesh instead of the traditional red. It also doesn't bleed like the typical red variety. The flavor of a golden beet tends to be milder. It is available vear-round.

## **Names**

- 1. In Hadees they are called as **Salq** (السَّلْق).
- 2. In Hindi they are called as Chukander, Shaljam.
- 3. In English they are called as Beet Root.
- 4. Many scholars consider Salq as white beet root (Chard).
- 5. We can consider all types of beet root, but white beet root should to more consider.

#### Details: -

They are taproot portion of beet root plants, their tap root, leaves & stems are used as cooked food, medicinal uses, eaten raw as salad, drank as juices or soup, as vinegar, pickles, jams, ice creams, sauces & etc. All variety has a unique shape, size & colour, all are from same family.

## Nabi &'s guidance about Salq (Beet root): -

## After Friday Salah, a special dish: -

1. Hazrat Sahal Bin Saad المتعلقة narrates, we used to be happy on Fridays, for there was an old lady who used to pull out the roots of Chard (white beet root) (التعلق) & put it in a cooking pot with some barley. When we had (use to) finished the (Friday) prayer, we would visit her & she would present that dish before us. So we used to be happy on Fridays because of that & we never used to take our meals or have a mid-day nap except after the Friday prayer. By Allah, that meal contained no fat.

[Bukhari: 5403, 6248; Book. 70, 79; English vol: 7, 8; Book. 65, 74; Hadees. 315 & 265]

## Guidance to use dates, barley (jaw) & etc during & after illness: -

2. Hazrat Umme Munzir رخىالله says that Rasoolullah & & Hazrat Ali له both came home, she had bunches of dates (حوال), she served bunches of dates (حوال) to both, both started to eat the dates, but when Hazrat Ali له had eaten 7 dates (approximately) he was stopped by

Rasoolullah & from eating more, & He & said to Hazrat Ali & that you were ill last days & now you are weak, so do not eat more, Hearing to his Umme Munzir رضى الله عنها prepared Sareed (ثريار) (thin gravy) of meat, beet root & chapatti (خبز) from jaw (الشعير) (barley flour) & served to both, on this Rasoolullah & said to Ali & eat this dish, this is beneficial for you.

[Tirmizi: 2170; Book. 28, English vol. 4, Book. 2, Hadees. 2036]

## Content of beet root: -

Carbohydrate, sugar, starch, protein, dietary fibers, zinc, potassium, sodium, iron, magnesium, phosphorus, Manganese, calcium, Vitamin B1, B2, B3, B5, B6, B7, B12, C, A, betaine, nictric acid & etc.

### Scientific benefits of beet root: -

Beetroots are antitumor, carminative, emmenagogue, haemostatic properties, antioxidant, helpful in cardiovascular conditions, used as colouring agent, helps regulate blood pressure, promotes cognitive health, prevention against anemia, they have antioxidant, inflammatory & detoxification properties, lowers bad cholesterol, they are stamina enhancer via oxygen usage efficiency, weapon against infection, gate keeper of blood flow to certain organs & they improve digestion.

Beet root contain high amounts of boron, which is directly related to the production of human sex hormones, reduces changes of cancers, best for skin, hairs, liver, kidney, heart, lungs, brain & etc.

## Science & Hadees regarding beet root:

## In Hadees Nabi 👺 stop Hazrat Ali 🐞 to take more Dates & advised to eat gravy of beetroot: -

Beetroot is a powerhouse of nutrients & has many important health benefits. As well as purifying the blood, fighting cancer & other diseases, this super food has recently been found to provide an energy boost & improve physical performance whilst using up less energy. It is rich in Vitamin B; it is helpful for skin & hair growth. Including 1 glass Beetroot juice in our diet controls the high blood pressure & also improves the memory power.

- 1. No Fat: Beetroots doesn't contain fat as it helps us to reduce the desire of eating sweet. It will be beneficial for those who are dieting.
- 2. <u>Boosts the Energy: -</u> Beetroots contains carbohydrates & it helps to give instant energy.
- 3. <u>Folic Acid:</u> Folic Acid is essential for women as it helps to develop the fertility system & prevents prostate health; Including Beetroot in your diet is the natural way of gaining folic acid in our body.
- 4. Nutrition: Many Parents feel that we lack in providing nutritious food to their children, So Beetroots are the best nutritious foods as it contains Vitamin A, C, Magnesium, Calcium, Minerals, Potassium, Iron etc which helps to provide the required energy & supplements to our body.
- 5. For Healthy Heart: Are you suffering from High blood pressure? Then take 1 glass of beetroot juice daily. It contains Nitrates, when it mixed with blood it produces nitric oxide which helps to reduce the blood pressure so can we yield good healthy heart.
- 6. Beetroot Juice: Taking Beetroot juice daily gives lot of benefits to us. It just contains not only Nitrates; but have the rich sources of Vitamins, Minerals & Amino acids. It also has the characteristic of fighting against cancer causing agents. A glass of beetroot juice a day will improve blood flow to the brain, which will result in better & efficient brain functioning. Beetroot juice naturally & efficiently opens blocked blood vessels & veins & increases the blood flow in the body. A glass of beetroot juice a day improves the immune system & gives you a kick of energy.

## Conclusion of Hadees: -

Happiness of Hazrat Sahal Bin Saad المطابقة indicates that beetroot was liked by them, & saying that if it has no fats indicates that they disliked fats which is mostly unwanted by the body & gives severe ill effects in health. Hazrat Ali المعافقة was advised to eat beetroot gravy in place of dates, indicates its importance in health after illness (recovery period) means we should eat them in recovery periods. & also note the intelligence of Umme Munzir رحى الله عبد that when she heard that Ali المعافقة was stopped from eating more dates quickly prepared what was suitable for Ali This shows how intelligent & wise they were regarding uses of food.



Plants, Grains & Spices Section				
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# Lesson no. 20 Methi (الحلبة): -





### **Names**

- 1. It is called Hulba in Hadees & Arabic (الحلبة).
- 2. In English it is called as Fenugreek.
- 3. In Hindi & Urdu it is called as Methi.
- 4. Latin name is Gracecue foenum.

# Prophet ﷺ's guidance about Hulba (الحلبة) (Methi): ·

Arabic words written in below references are the words mentioned in respected Hadees. You can confirm the references of Hadees at:

sunnah.com & Al-Maktab Al-Shamilah (الهكتبة الشاملة) also.

You can visit my website at:

 $www.tib\text{-}e\text{-}nabi\text{-}for\text{-}you.com \ or \ bloggers \ at \ www.drshakeel\text{-}tibenabi.com$ 

# <u> Seek Cure in Hulba (Methi): -</u>

1. Hazrat Kasim Bin Abdur Rehman 🐗 says that Nabi 🕮 guided (us) to seek cure in Fenugreek (الحلبة) (Methi).

[At-Tibb Al-Nabawi (Al-Jawzi) volume 1; page no. 227]

A preparation with Hulba (Methi) for sick person: -

2. Once Hazrat Saad Bin Abi Waggas 🐗 fell ill in Makkah, Nabi 🕸 visited him & asked to call a doctor. Al Haris Bin Kuladah was called, he came & examined Hazrat Saad 🕾 & said he is not serious & advised to take dates (khajur), barley (jaw) & boiled fenugreek (seeds) (Methi) water & prepare soup like broth (daliya) than put honey in it & give to Hazrat Saad 🐗 at early morning, (luke warm). & Hazrat Saad 🐗 got well; Nabi & liked the preparation advised by Al Haris Bin Kuladah.

[Al-Tibb Al-Nabawi Harful Haa vol no. 1; page no. 230]

### Hulba (Methi) & Gold: -

3. Hazrat Maaz Bin Jabal 🐟 said that "if you know the benefits of Fenugreek (seeds) (الحلبة) (Methi) & if the price of it increases as price of gold, you will purchase it for gold price & use it.

[Majmauz Zawaid: 8035]

## Scientific benefits of Methi: -

- 1. Good for throat infection.
- 2. Reduces swelling, cough, acidity, chronic cough, gas, piles, lungs infection.
- 3. It helps indigestion.
- 4. Cures lice & dandruff (its water (Methi water) should be applied).
- 5. It is helpful in liver & kidney diseases & menstrual problems.
- 6. Induces labour pain.
- 7. Increases urine output.

## Part used: -

Leaves, stem, seeds. (Seeds are best for medicinal use & leaves & soft stem for cooking purpose).

### Adjuvant with Methi: -

(Means other things which can be used with Fenugreek seeds (Methi): - Dates (Khajur), black caraway (Kalonji), fig (Anjeer), Licorice (mulethi), barley (jaw), honey, chicory (Kasni).

#### Contents: -

Carbohydrate, minerals, calcium, phosphorus, iron, protein, Vitamin A, C, K, D, B1, B2, B3, B6, folic acid, zinc, copper, selenium, magnesium, manganese, phosphorus, sodium, potassium, dietary fibres, trigonelline & etc.

### How to use Methi: -

- 1. Cooked & eaten.
- 2. Seeds should be boiled in little water for 15 minutes, then filtered & then the water should be drunk in Luke warm condition.
- 3. Gargle with warm Methi water for throat infections.
- 4. Soak Methi seeds in little water over night, filter & drink it at early morning empty stomach.
- 5. Chew the seeds properly & eat.

# Science & Hadees regarding Methi (Fenugreek): -

# In light of Hadees saying that seek cure in it: -

The chemical composition of Fenugreek seeds (Methi seeds) depicts that it contains proteins & Amino acids in such a ratio comparable to milk. Besides phosphates, it contains an organic form of iron which is easily absorbable through gastro-intestinal tract. It contains several Alkaloids but Trigonelline is an important one. The salts in it relieve the inflammation of urinary tract infections. On the basis of its chemical composition, it can be used as an expectorant. In the cases of Nephritis (kidney infection) when dieuresis (urine output) becomes least, it is a good remedy to increase dieuresis. 5gm of Methi seeds powder if taken with water is highly beneficial in dysentery & diarrhoea. The lukewarm decoction of Methi seeds if taken with honey is beneficial in cough & increases urination. It is also a good appetizer & might be used in dyspepsia (indigestion) & anorexia (lack of hunger). It also increases milk secretion when it is deficient.

It is a source of iron & B-complex hence can be used in general weakness. It is also reported that continuous use of Methi seeds is also significant in the treatment of hemorrhoids (piles). The recent studies show that it is a good remedy for diabetes mellitus & Fenugreek seeds are also known for their anti-diabetic property

Several patients who were having raised blood glucose level & were treated with the formulation comprising Methi seeds; Black Caraway (Kalonji) & tukhm-e-kasni (chicory seed) improved significantly & the blood glucose level became normal. Some patients of NIDDM (Non Insulin dependent) were also treated with Methi seeds, Berg-e-Neem & Black Caraway (Kalonji) & showed very good response. Methi seed is also useful in chronic dysentery & peptic ulcer.

They are also considered excellent to treat arthritis & to reduce blood cholesterol. They also increase breast milk production in breastfeeding mothers. Fenugreek contains natural expectorant (expulsion of phlegm) properties & is considered ideal for treating sinus & lung congestion. It also helps in loosening & removing excess mucus & phlegm. The mucilage content of the seeds help to cure external boils, burns & ulcers.

### Conclusion of Hadees: ·

1. Seek cure by using Fenugreek seeds, it worth's to purchase how much costly in may be, can be used in combination with other herbs during illness.

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# Lesson no. 21 Cress (الثفاء): -







## No Quranic references of cress are found. There are many types of cress.

## Types: -

- 1. Garden cress (Also known as pepper cress).
- 2. Land cress.
- 3. Water cress.

### **Names**

- 1. Latin name is Lepidium sativum.
- 2. English name is Cress.
- 3. Arabic name is Al-Rashad. (Hubbur Rashad).
- 4. Hadees name for its seeds is As-Safa (الثفاء) & its plant is called as Hurf.
- 5. In Syria it is called as Al-Baqdosnis Al-Haad.
- 6. Hindi and Urdu name is Chandrashoor, kachri Methi.
- 7. Its seeds are called in Hindi & Urdu as Halim, Chandrashoor etc.

## Prophet ﷺ's guidance about Cress (الثفاء): -

# Cress, a cure for all diseases: -

1. Hazrat Abu Hurairah العفاء said to Qais Ibn Rafe' that Rasoolullah said that "You have Cress (الغفاء) present for you; Allah (Ta'ala) has put healing in it for every disease. [Al-Tibb Al-Nabawi (Al-Jawzi); page no. 640.]

## Two Bitter things: -

Hazrat Abdullah Bin Abbas رضى الله عنها says that Nabi ﷺ asked "What kind of healing is in two bitter things Cress (الصبر) ".

[Al-Haawi Al-Kabeer vol no. 3; page no. 243]

## To fumigate our houses: -

3. Hazrat Abdullah Bin Jafar & Hazrat Aaban Bin Saleh Bin Anas ه says that Nabi ه advice to fumigate (dhooni with smokes) our house with dried cress leaves (الشيح), Mor (السعةر) & Thymes (الصعتر).

[Baihaqi: 5679]

4. Hazrat Abdullah Bin Jafar اللبان says that Nabi said that "Fumigate your houses with dried cress leaves (اللبان Benzoin (اللبان) (Loban).

[Baihagi: 5678]

Al-Sheeh (الشيح) mentioned in Hadees are (according to many scholars) dried leaves of cress (may also be some other herbs). Sau'atar mentioned in Hadees (الصعتر) is Thymus serphyllum & it is used in fumigation (dhooni) (Refer Lesson no. 31), Mur mentioned in Hadees (اللهرا) is a gum of a tree. (Refer Lesson no. 47) refer Lesson no. 45 Loban (اللهان).

Loban mentioned in Hadees (اللبان) is called as Olibanum (Styrax benzoin) & Frankin cense in English. It is obtained from a tree, it is gum of it. (*Refer Lesson no. 45 Loban (اللبان) also*).

#### Contents: -

carbohydrates, sugar, dietary fibers, protein, vitamin A, beta carotene, lutein, zeaxanthin, vitamin B1, B2, B3, B5, B6, B9, vitamin E, vitamin K, Calcium, iron, manganese, phosphorous, potassium.

## Scientific benefits of cress: -

- 1. Good for eye diseases.
- 2. Increases sexual desire.
- 3. Reduces allergy, worms, cough.
- 4. Helps in dysentery, scurvy diseases, asthma, chronic cough, removes

### phlegm.

- 5. Reduces swelling, pain, bronchitis, bleeding.
- 6. Helps in piles, diabetes, leprosy, skin diseases.
- 7. It stops diarrhea & leucorrhoea.
- 8. Improves lungs function.
- 9. Heals dyspepsia, lumbago, spleenomegaly.
- 10. It increases urine output.
- 11. Reduces fever.

# **Science & Hadees regarding Cress:**

## In Hadees, it is mentioned that use cress for curing your disease because it has healing in all disease: -

According to research its therapeutic uses are for: - Coughs, headache, colds, bronchial ailments, tuberculosis, asthma, emphysema, stress, pain, arthritis, stiff back & joints, diabetes, anemia, constipation, cataracts, failing eyesight, night blindness, leukemia, cancer, hemorrhages, heart diseases, eczema, scabies, body deodorizer, edema, bleeding gums, weight loss, indigestion, alcoholism, intestinal parasites, circulation, sluggish menstruation, lack of energy, kidney & gall stones, as a brain & nerve strengthener; ailments of the spleen, thyroid & liver; to normalize cholesterol & blood pressure; to improve memory, for mental function decline & to retard ageing; for failing or scant milk supply of nursing mothers; to regulate flow of bile, health of glands & the functions of body metabolism. It is one of the best sources of iodine, other than seaweed, Iodine is important for the functioning of the thyroid gland. The leaves used as a poultice are applied for relief from enlarged prostate gland.

The chlorophyll-rich leaves are chewed to absorb breath odours. Dr. Robert Willner in 'The Cancer Solution' states that chlorophyll is an effective anti-cancer substance, with antioxidant action, helping to neutralize free radicals from chemicals, pesticides, cigarette smoke, diesel emissions & many other environmental mutagens.

## **Conclusion of Hadees:**

Cress has healings for all diseases; fumigate the houses with its seeds.

.....This lesson has 4 Hadees......

# Lesson no. 22 Black Caraway (Kalonji) (الحبة السوداء): -





## Names

- 1. It is called as Small Black seed, Samal fennel and Black Cumin, Black Caraway in English.
- 2. In Hadees it is called as Habbat Sauda'a & Shuneiz. (الشونيز) (الحبة السوداء)
- 3. In Arabic it is called as Habbat Sauda'a (الحبةالسوداء).
- 4. In Sanskrit it is called as Krishna jeerak.
- 5. In Latin it is called as Nigella sativa.
- 6. In Urdu & & Hindi it is called as Kalonji.
- 7. In Persian it is called as Shuneiz (الشونيز).

## Prophet ﷺ's guidance about Black Caraway (Kalonji) (الحبة السوداء):

### Black Caraway (Kalonji)) cure for all diseases: -

1. Hazrat Abu Hurairah 🐗 says that Rasoolullah 🦓 said, Black Caraway (الحبةالسوداء) (Kalonji)) has cure for all diseases except death & Habbat Sauda'a are Shuwniz (الشونيز).

[Ibn Ma-jah: 3573; Book. 31; English vol. 4; Book. 31, Hadees. 3447]

2. Narrated by Usman Bin Abdul Malik that he heard Salim Bin Abdullah narrated from his father الحبة that Rasoolullah ها said "You make yourself use Black Caraway (الحبة السوداء) regularly so that there is cure for all diseases in it except death".

[Ibn Ma-jah: 3574; Book. 31; English vol. 4; Book. 31, Hadees. 3448]

3. Hazrat Abu Hurairah المحبة says that Nabi المحبة said there is no disease in which Black Caraway (الحبة السوداء) does not gives cure except saam & saam is death.

[Tirmizi: 2176; Book. 28; English vol. 4; Book. 2, Hadees. 2041]

#### A preparation with Black Caraway (Black Caraway (Kalonji)) for sick person: -

4. Hazrat Khalid Ibn Saad says that I & Ghalib Ibn Jabar were travelling & Ghalib Ibn Jabar fell ill, Than we came Madinah, Ibn Abi Ateeq visited him, (because Ghalib Ibn Jabar was ill) Ibn Abi Ateeq was nephew of Hazrat A'isha رضى الله عنها & advice to use 5 or 7 seeds of Black Caraway (الحبةالسوداء) crushed & mix in little olive oil (ويت) & put the preparation in both nostrils. Ibn Abi Ateeq says that he heard Hazrat A'isha رضى الله عنها saying that Rasoolullah said that Black Caraway (الحبةالسوداء) (black seed) has cure for every diseases except death & Hazrat Galib Ibn Jabar source for every diseases except death & Hazrat Galib Ibn Jabar of the says that he heard source for every diseases except death & Hazrat Galib Ibn Jabar of the says that he heard source for every diseases except death & Hazrat Galib Ibn Jabar of the says that he heard source for every diseases except death & Hazrat Galib Ibn Jabar of the says that he heard source for every diseases except death & Hazrat Galib Ibn Jabar of the says that he heard source for every diseases except death & Hazrat Galib Ibn Jabar of the says that he heard source for every diseases except death & Hazrat Galib Ibn Jabar of the says that he heard source for every diseases except death & Hazrat Galib Ibn Jabar of the says that he heard source for every diseases except death & Hazrat Galib Ibn Jabar of the says that he heard source for every diseases except death & Hazrat Galib Ibn Jabar of the says that he heard source for every diseases except death & Hazrat Galib Ibn Jabar of the says that he heard source for every diseases except death & Hazrat Galib Ibn Jabar of the says that he heard source for every diseases except death & Hazrat Galib Ibn Jabar of the says that he heard source for every diseases except death & Hazrat Galib Ibn Jabar of the says that he heard source for every diseases except death & Hazrat Galib Ibn Jabar of the says that he heard source for every diseases except death & Hazrat Galib Ibn Jabar of the says that he heard source for every di

[Ibn Ma-jah: 3575; Book. 31; English vol. 4; Book. 31, Hadees. 3449]

5. Hazrat Qatadah anarrates that take 21 seeds of Black Caraway (Kalonji)) daily, tie them in a piece of cloth, then infuse them in water & later put 2 drops in right nostril & 1 drop in left, then second day 2 drops in left & 1 drops in right nostril & the third (day) two drops in the right & one drop in the left."

[Tirmizi: 2212; Book. 28; English vol. 4; Book. 2, Hadees. 2070]

# <u> Other references about Black Caraway (Kalonji): -</u>

1. Ibn Hajar says that Black Caraway (Kalonji) can be used alone, or with other medicines, or with honey, or with olive oil, or with food, or with medicated drinks, or use as a nasal drops (crushed & mixed in olive oil). Can be used raw, chewed & taken, the above all means that, it can

- be taken in any form, any time, any age. But early morning empty stomach & at 6.00 pm & at night while sleeping (is best).
- 2. Hazrat Zahbi says that Black Caraway (الحبةالسوداء) (removes obstruction of all types in the body, expels out the waste products out of the body, strengthens the digestive system, increases milk secretion, menstrual cycle, urine output, if it is mixed in vinegar & eaten it expels out worms & helpful in chronic cough.

### Scientific benefits of Black Caraway (Kalonji): -

- 1. There are 20 types of Black caraway (kalonji).
- 2. Indian is amongst the best.
- 3. England, Surain, Turkish, Damascene Black caraways (kalonji) are also best.
- 4. The seeds are present in the ripen fruits of Black caraway (kalonji).
- 5. Good for headache, migraine, paralysis, facial palsy, cataract, kidney stones, bladder stones, common cold, cough, asthma, stomach disorders & etc.
- 6. Increases mother's milk.
- 7. Increases sexual drives.
- 8. It regulates menstrual cycle.
- 9. Makes face brighter & shiny.
- 10. Its oil is best for asthma (it is very important in treatment of asthma).
- 11. Work as an anti bacterial.
- 12. Increases immunity.
- 13. It increases urine output.
- 14. It is anti Bacteria.

# Science & Hadees regarding Black Caraway (Kalonji): -

In Hadees it is mentioned that Black Caraway (Kalonji) has healing in it for all diseases except death, research reveals it true & it has been found that it helps & cure in many diseases, here are some with how to use.

# Liver diseases & jaundice:

- JAUNDICE: Take one cup of milk, add half tea spoon of Black Caraway (Kalonji) oil & use this mixture twice a day, morning & after dinner). Treatment may continue for a week. Avoid fatty & sour eatable items.
- 2. LIVER DISORDER & JAUNDICE: Put some carom seeds (Ajwain) in water & next day filter & pour 3 spoon of Black Caraway (Kalonji) oil in carom water. Take once a day. Or take some leaves of Heena (Mehandi) & put in the water at night time. In the morning after filtering add 14 pieces of Black Caraway (Kalonji) seeds, one spoon of honey & 1 spoon of Black Caraway (Kalonji) oil. Use this mixture once in a day.
- 3. <u>DISEASES OF LIVER & ABDOMEN:</u> Take 100 grams of honey & half tea spoon of Black Caraway (Kalonji) oil & drink this mixture half in the morning before breakfast & half in the evening. Use this process for one month. Avoid Tamarind items.

#### Abdominal Pain: -

- **4. STOMACH PAIN:** Mix 1 spoon of Black Caraway (Kalonji) oil with pinch of salt in half glass of warm water & drink it. It is useful for stomach pain.
- 5. <u>STOMACH PAIN:</u> (all types): In a glass of sweet lime (Mosambi) juice add to spoon of honey & half tea spoon of Black Caraway (Kalonji) oil & use this mixture twice a day. Avoid all gas elements. Treatment may continue for 21 day.
- 6. <u>STOMACH PAIN:</u> Mix 1 spoon of Black Caraway (Kalonji) oil with little pinch of salt in half glass of warm water & drink it. It is useful for stomach pain.
- **7. STOMACH ACHE OF THE CHILDRENS:** -Take two drops of Black Caraway (Kalonji) oil mix it with mother  $\tilde{1}$ 's milk or cow milk & give to the child. Black Caraway (Kalonji) oil also should be rubbed on the ribs.

# **Abdominal Swelling:**

**8. SWELLING OF STOMACH:** - Mix 3 grams of powdered caron seeds (Ajwain), 3 grams powdered Fenugreek seed (Methi) & 4 drops of Black Caraway (Kalonji) oil together. Take this mixture before breakfast & before dinner.

## **Abdominal Abnormalities: -**

- DISEASES OF ABDOMEN: (Hernia): Take one tablespoon of juice of Bitter Gourd (Karela) & add half tea spoon of Black Caraway (Kalonji) oil. Use this mixture in the morning before breakfast & before lunch & before dinner.
- GASES & ACIDITY: Mix some ginger juice with 10 drops of Black Caraway (Kalonji) oil, add some salt & water. Use mixture for immediate relief.
- 11. DYSPEPISA, INDIGESTION, GASES, STOMACH IRRITATION & STOMACH ACHE: In this case take one spoon of Ginger juice & half tea spoon of Black Caraway (Kalonji) oil & drink twice a day. This treatment is also useful for obesity. This medicine makes the patient slim.
- **12. DYSENTERY, DIARRHEA:** Mix some isapgol with half cup of curd & 1 tea spoon of Black Caraway (Kalonji) oil, use three to four times a day.
- **13. GASTICE TROUBLES:** Take 60 grams powdered carom seed (Ajwan), 1 spoon Black Caraway (Kalonji) oil & mix 3 teaspoon lime juice let it dry in the Sun add 10 grams of black salt & use daily once in evening.
- **14.** <u>CONSTIPATION:</u> 20 gms of jaggery (gudh), 4 grams senna powdered (sona mukhi) (cassia agustifolia) mixed with a glass of warm water add 1 spoon Black Caraway (Kalonji) oil & drink it before going to bed.
- **15. DIGESTION OF FOOD:** Treatment: Mix 2 drop of ginger, half spoon of Black Caraway (Kalonji) oil & one spoon of sugar. Use this mixture twice a day (Morning & evening). Continue the treatment for 10 days. Avoid gas creating food.

- **16.** MEDICINE FOR DIGESTION: mix 40 gms powder of Carom seeds (Ajwain), 1 spoon Black Caraway (Kalonji) oil with lime juice let it dry in the sun use one pinch after every meal. Avoid gas creating foods.
- **17.** NAUSEA & VOMITING: Mix & preserve, 100 grams pure vinegar (sirka) 200 grams sugar & 3 spoon of Black Caraway (Kalonji) oil. Use 10 to 20 ml 2 times a day or as per need.
- **18.** NAUSEA OR VOMITING: Take one spoon of Caration powder & add half tea spoon Black Caraway (Kalonji) oil & boil it. Now in this warm mixture add mint (Pudina leaves) & use thrice a day.

#### Worm Infestation: -

- **19. WORMS IN THE STOMACH:** Mix one spoon vinegar with half tea spoon of Black Caraway (Kalonji) oil. Take thrice a day morning before the breakfast, after noon & at night. Continue the treatment for 11 days.
- 20. ROUND WORMS & TAPS WORMS IN THE STOMACH: Take half spoon Vinegar mixed with half tea spoon of Black Caraway (Kalonji) oil & use it twice a day & eat some coconut pieces. Avoid sugar items
- **21. WORMS IN THE STOMACH:** Take 14 crushed seeds of Black Caraway (Kalonji); 2 drop of Black Caraway (Kalonji) oil & one drop of pure vinegar (sirka) mix it in 250 ml of water & drink it.

## Hiccups: -

- **22.** <u>FOR HICCUPS:</u> Eat 1 spoon Black Caraway (Kalonji) oil & 7 seeds of Black Caraway (Kalonji) with butter.
- **23.** <u>HICCUPS:</u> Take one big spoon cream (Malai) Mixed with 2 drops of Black Caraway (Kalonji) oil & drink in the morning & in the night. Treatment may continue for seven days

# Joint Problems: -

**24. JOINT- PAINS & ARTHRITIS etc.:** - Take one spoon of vinegar, add half tea spoon of Black Caraway (Kalonji) oil & mix two spoons honey,

- use twice a day (In the morning before the breakfast & in the night after dinner).
- **25. IOINT PAIN:** Swelling on ankle & other pains in the joints. Take one spoon vinegar & two spoons of honey & add half tea spoon of Black Caraway (Kalonji) oil. Use this mixture two times a day & also massage with same oil or Til oil. Avoid gas producing elements for 21 days.
- **26. IOINT PAINS, BACK ACHE & NECK PAIN:** Eat two pieces of dry fig & add 4 drops of Black Caraway (Kalonji) oil in one cup of Milk. Do not eat anything till two hours. Treatment is to be continued for 2 months. Avoid potatoes, tomatoes, green chilli & bottle gourd.
- 27. **GENERAL WEAKNESS:** Take half tea spoon of Black Caraway (Kalonji) oil & add one spoon honey. Mix together & use it once a day. General weakness & other diseases will be going.
- 28. TUMOUR: Rub the Black Caraway (Kalonji) oil on the effected part & drink half tea spoon of Black Caraway (Kalonji) oil once. Treatment may continue for fifteen days.
- **29. CANCER:** (Intestine cancer, Blood cancer, Throat cancer, etc.): Take one glass of grape juice & half tea spoon Black Caraway (Kalonji) oil & use thrice a day once in the morning before breakfast, after lunch & after dinner. Take one Kg. barley & two Kg. wheat flour, mix together, make bread (Roti) or broth (Daliva or Harira) & give to the patient. Treatment may continue for forty days. Avoid Potato, Colocasiaroots (Arbi), Brinjal & Raw mango of small size (Ambada, keri).







Raw mango of small size (Ambada, keri)

- **30. BLOOD PRESSURE:** In any hot drink tea or coffee, add half tea spoon of Black Caraway (Kalonji) oil & use this mixture twice a day. Also eat two cloves of Garlic daily.
- **31. BLOOD DEFICIENCY (Anemia) & Ulcer in the Intestine:** Take some mint (Pudina Leaves), mix with water, boil it & make a cup of juice & add half tea spoon of Black Caraway (Kalonji) oil & use this mixture twice a day morning & evening. Treatment may continue for 21 days.
- **32. SHIVERING:** Daily take two half boiled eggs & follow the treatment as mention for Polio & Paralysis element.
- **33.** <u>ANYTYPE OF SWELLING:</u> Heat required quantity of Black Caraway (Kalonji) oil & apply on affected area & half tea spoon of Black Caraway (Kalonji) oil to be consumed twice a day.
- **34.** TREATMENT OF SWELLING ON VITAL ORGAN: On swelling below thigh, first wash it with soap & dry. Rub Black Caraway (Kalonji) oil on the swelling part & keep it as it is for the next day morning. Treatment may continue for three days.
- **35.** <u>POISONOUS ATTACKS:</u> Eat two pieces of fig & take half spoon of Black Caraway (Kalonji) oil & mix with two spoons of honey & drink, with this mixture you will be protected from snake bites. Don't allow the patient to sleep for four hours. Use this mixture for seven days.
- **36. OBESITY:** Half tea spoon of Black Caraway (Kalonji) oil, two spoons of honey mixed in Luke warm water & take twice a day. Avoid taking rice.
- **37. SOUND SLEEP:** After dinner take half tea spoon of Black Caraway (Kalonji) oil with one spoon of honey, you will get a sound sleep.
- **38. FOR ACTIVENESS:** Half tea spoon of Black Caraway (Kalonji) oil with 2 spoon honey daily before breakfast.
- **39. REVITAL OF THE BODY, (Azme-e-Hali):** Take juices of Orange (Malta) (citron) add half tea spoon of Black Caraway (Kalonji) oil & use it for Laziness & tiredness will be going.
- **40.** TO MAINTAIN HEALTHY BODY: In 1 Kg. of wheat flour, add half tea spoon of Black Caraway (Kalonji) oil & make roti & eat. Insha-Allah! You will remain healthy.

- **41.** POISONOUS VIRUS: Take one glass warm water; add one spoon date (Khajur) powder, half spoon Black Caraway (Kalonji) oil & two spoons of Honey, mix together & use thrice a day once in the morning before breakfast, after lunch & after dinner. Treatment may continue for forty days. Avoid Potato, Brinjal, Pulses like lentils (Masoor ki Dal) & chickpeas (Chana ki Dal).
- **42. DIABETES** (**SUGAR**): the following method is to be adopted. Take one cup decoction (Black tea), Mix half table spoon of Black Caraway (Kalonji) oil & drink it in the morning & before going to bed. Avoid oily food stuff, particularly fried items. If any other allopathic treatment is going on continue it. After 20 days check the sugar, is its normal Allopathic should be stopped & Black Caraway (Kalonji) treatment be continued. After forty days, sweet can be taken to check the sugar level. If the blood sugar gets normal stop the treatment.
- **43. STAMMERING:** Mix half tea spoon of Black Caraway (Kalonji) oil with 2 spoons of honey & keep it on the tongue twice a day.

## **Teeth Problems: -**

- **44. TOOTH ACHE & SWELLING OF GUMS:** Apply one drop of clove oil with Black Caraway (Kalonji) oil on the affected part 2-3 minutes for cleaning the teeth, heat black salt (lahori salt) & crush it than add few drops of olive oil & rinse the teeth with it.
- **45.** TOOTH ACHE, CAVITIES & TOOTH DECAY: At the time of going to bed put a piece of cotton which is soaked in Black Caraway (Kalonji) oil, on affected part. Continue this treatment at least for seven days. Dental problems will get healed.
- **46.** Tooth Pain & Swelling of Gums: Take one spoon of vinegar & add half tea spoon of Black Caraway (Kalonji) oil & apply on affected area for two or three minutes & rinse the mouth. Repeat this process twice a day. Treatment may continue for one week.
- **47. DENTAL DISEASES:** Fall of teeth prematurely, weakness of the teeth, flow of blood from the teeth, bad smell of the mouth, swelling on gums: Take one cup of curd & half tea spoon of Black Caraway (Kalonji) oil, use this mixture twice a day morning before breakfast & after dinner.

## Ear Problems: -

- **48. IN ALL EAR DISEASES:** Heat one teaspoon of Black Caraway (Kalonji) oil with one spoonful of olive oil & let it cool. Put two drops of the mixture at bed time, you will get immediate relief.
- **49.** EAR DISEASES, EAR ACHE & FLOW OF PUS & LOW HEARING: Heat the Black Caraway (Kalonji) oil & let it cool & put it two drops of cooled Black Caraway (Kalonji) oil in ear.
- **50. HEARING PROBLEMS, EAR PAIN & FLOW OF PUSS:** Mix equal quantity of pure olive oil, almond & Black Caraway (Kalonji) oil & heat them. Put one drop in each ear of this mixture twice a day in the morning & bed time.

### **Throat Problems: -**

**51. SWELLING OF THROAT:** - Take one cup of warm water & add two spoons of honey & half tea spoon of Black Caraway (Kalonji) oil. Use this mixture twice a day morning before breakfast & before going to bed). Treatment may continue for 10 days. Avoid ice Cream, cold water, coconuts, lemon, orange & sweet lime (Mosambi).

# Cough, Cold & Sinus: -

- **52.** <u>COUGH:</u> Take one cup of warm water, add two spoons of honey mix with half tea spoon of Black Caraway (Kalonji) oil & use this mixture twice a day, before breakfast & after the dinner. Treatment may continue for two weeks. Avoid cold stuffs.
- **53.** SINUS, COLD: Take one spoon honey & add 1 spoon Black Caraway (Kalonji) oil. Use this mixture daily in the morning & evening. Avoid cold stuff items. At night when going to bed, put one drop of Black Caraway (Kalonji) oil in both nostrils, Insha-Allah you will get relief from SINUS & Persistent Cold.
- **54. SEVERE COLD:** Take half cup of water & half tea spoon of Black Caraway (Kalonji) oil & quarter spoon of Olive oil & mix together & filter. Put two drops in each nostril. This method is the best for cold. Use this process twice a day.
- **55. PERSISTENT COUGH:** Mix 10 grams of Paracress (Akar-kara), 200 grams honey, 100 grams of Black Caraway (Kalonji) oil together. Take

the mixture, one spoon thrice a day. Restrict from ice cream, fridge water, custard apple. Continue the treatment for 40 days.



**Paracress** 

Akarkara

- **56.** COUGH BRONCHITIS: Crush 10 grams of Flaxseeds & boil in 1 liter of water, Boil the water till reduced to 1/3, filter it. Add 1 spoon of Black Caraway (Kalonji) oil & two spoon honey. Use this mixture twice a day & avoid cold stuffs.
- **57. CHEST IRRITATION:** Take half tea spoon of Black Caraway (Kalonji) oil mixed with a cup of milk & use this mixture twice daily. Treatment may continue for 3 days.

# Asthma, Allergy:

- **58.** ASTHMA, COUGH & ALLERGY: For the treatment of these diseases the following method is adopted. Take a cup of warm water, one spoon of honey & half tea spoon of Black Caraway (Kalonji) oil. Mix this together & drink in the morning before the breakfast & dinner. Take treatment for forty days. Avoid cool food stuff.
- **59.** <u>ASTHAMA:</u> Mix a pinch of salt, 1 spoon of Black Caraway (Kalonji) oil with one spoon pure Ghee & apply/rub on the chest & throat. Simultaneously drink mixture of 1 spoon Black Caraway (Kalonji) oil & two spoon of honey twice a day.

## **Heart Disease: -**

- 60. <u>Heart Attack</u>: In a cup of goat milk add half tea spoon of Black Caraway (Kalonji) oil & use this mixture twice a day. Avoid all fatty food items. Continue treatment for ten days. After ten days use daily once.
- **61.** <u>HEART ATTACK, SWELLING ON BREATHING VEINS:</u> Blockage of heart valve, breathing problem, cold sweating, pressure on

- heart. Take one cup of Goat's milk add half tea spoon of Black Caraway (Kalonji) oil. Use this mixture twice a day, before breakfast & before going to bed. Treatment may continue for 21 days. Avoid fatty items.
- **62.** <u>HEART WEAKNESS:</u> (*Heart Trouble*): Mix 4 drops of garlic juice in 4 drops of Black Caraway (Kalonji) oil & add some sugar & water & take this mixture daily.

## Urinary & kidney problems: -

- **63. BURNING MICTURITION, URINE DEFICIENCY:** Take 200ml milk & add 1 spoon of Black Caraway (Kalonji) oil & one spoon honey. Take this mixture twice a day.
- **64.** Stone in Kidney, Bladder & Uterus: Take one cup of warm water & add two spoon of honey mixed with half tea spoon of Black Caraway (Kalonji) oil & use this twice a day, once in the morning before breakfast & once after dinner. Avoid tomatoes, spinach (Palak), lemon diet, custard apple (sitaphal) for three years.
- **65. STONE KIDNEY:** In a cup of warm water add two tea spoons of honey & half tea spoon of Black Caraway (Kalonji) oil dilute & use this mixture twice a day. Avoid spinach, lemon, sweet lime (Mosambi), tomatoes. Treatment should be continued until the stone get expel.
- 66. RENAL COLI (Kidney pain): Take 250 grams Black Caraway (Kalonji) grind it & take one cup of honey, mix together. From this mixture take two spoons mixture & add half cup water & add half tea spoon of Black Caraway (Kalonji) oil use it once a day. Treatment may continue for twenty one days
- **67. BURNING MICTURIATION:** Take one cup sweet lime (Mosambi) juice; add half tea spoon of Black Caraway (Kalonji) oil. Use this mixture twice a day before breakfast & before going to bed. Treatment may continue for 10 days. Avoid hot stuff items chilly & sour food items.
- **68.** KIDNEY TROUBLE, INFECTION IN THE KIDNEYS: Take half tea spoon of Black Caraway (Kalonji) oil; add 2 grams Paracress (Akarkara) powder, mix one spoon honey with one cup of water & drink. This treatment is also useful for chronic cough (Purani Khansi). Treatment may continue 21 days

## Piles: -

- **69. PILES:** -Take 50 grams of powder of Heena (Mehandi) leaves add 250 grams pure Olive oil & boil them for 5 minutes. Pour three drops of Black Caraway (Kalonji) oil with the help of cotton. Apply this paste on the piles. This process may be used twice a day morning & at the bed time. Also eat 4-5 figs with 1 spoon Black Caraway (Kalonji) oil.
- **70.** <u>PILES:</u> Take one spoon of Vinegar & add half tea spoon of Black Caraway (Kalonji) oil & apply on piles. This process may be used twice a day.
- 71. PILES, BLEEDING, CONSTIPATION: Take half tea spoon of Black Caraway (Kalonji) oil mixed with one cup of Decoction (Black tea) twice a day (once in the morning before breakfast & one in the night). Avoid hot & spicy items.

#### Skin disease: -

- 72. LEPROSY, WHITE SPOTS OF ANY KIND: Take half spoon of Black Caraway (Kalonji) oil in one cup of orange juice & use this syrup twice a day or take one spoon vinegar (homemade), one spoon honey & half spoon Black Caraway (Kalonji) oil mixed together & use this mixture twice a day. Treatment may continue until the symptoms disappear.
- **73. SKIN DISEASES:** In one cup of vinegar add half tea spoon of Black Caraway (Kalonji) oil & apply this mixture on the affected areas before going to bed. Treatment may continue until you get well.
- 74. SKIN DISEASES: (White/Black spots): In one cup of vinegar add half spoon Black Caraway (Kalonji) oil & apply that on the affected area before going to sleep at night & take bath in the morning. Treatment may continue until you get well.
- **75.** ECZEMA: Mixe 10 mgs of Senna (Sona mukhi) (Cassia agustifolia) & Black Caraway (Kalonji) oil each & take costus (Qust) water with 500 grams vinegar (sirka) after boiling filter & apply on the lesion.
- **76. SKIN DISEASE RELEATED TO PIMPLES BOILS:** Before going to bed apply Black Caraway (Kalonji) oil on the affected areas of the body & sleep, in the morning wash with soap. This treatment may continue of 21 days.

- 77. <u>PSORIASIS:</u> Mix juice of six lemons with 50 grams of Black Caraway (Kalonji) oil together rub on the affected part.
- 78. FACIAL PROBLEMS, PIMPLES, RED GRANULES & ANY TYPE OF SPOTS: Take one cup of Orange or Sweet lime (Mosambi) juice or Pineapple juice & add half tea spoon of Black Caraway (Kalonji) oil & use this mixture twice a day, morning before the breakfast & before going to bed. Treatment may continue for four weeks. Avoid hot & spicy eatables.
- **79.** LEPROSY: Take apple juice & Black Caraway (Kalonji) oil, first rub apple juice & then Black Caraway (Kalonji) oil one by one the effected part.

# Fairness & improve complexion:

- **80.** FAIRNESS OF FACE: Take 50 grams of Olive oil & add 50 grams of Black Caraway (Kalonji) oil. Take half teaspoon in the morning before breakfast. Skin will be fair & glowing pink. (Note: Pregnant women are not allowed to take this preparation).
- **81.** TO IMPROVE COMPLEXION: Take 10 grams of Fuller's Earth (multani mitti) & add four drops of Black Caraway (Kalonji) oil rub this paste at night before going to bed & wash the face with warm water & soap (skin care) after 15 minutes.
- 82. CRACKED HAND & CRACK FOOT WITH BLOOD FLOW: Take one glass of sweet lime (Mosambi) Juice & add half tea spoon of Black Caraway (Kalonji) oil & use this twice a day, at morning before breakfast & at night before going to bed. Avoid chicken, egg, brinjal. Use the herbal ointment made of Black Caraway (Kalonji).
- **83.** FRESHNESS & HANDSOMENSESS: Take one spoon of olive oil. Mix together with half tea spoon of Black Caraway (Kalonji) oil & rub it on the face. After one hour wash it with soap water. Treatment may continue for one week or more.
- 84. <u>BURNS:</u> 30 grams of Olive oil & 5 grams of Black Caraway (Kalonji) oil, 15 grams of Calamus (BUCH) & 80 grams of Heena (Mehndi) leave. Mixe together & apply on affected parts.



**BUCH** 

- **85.** TO KEEP THE FACE & SKIN SMOOTH: Take two big spoons of honey & half spoon of Black Caraway (Kalonji) oil & half spoon of Olive oil & mix altogether. Use this mixture two times a day in the morning & before going to bed. Treatment may continue for 40 days.
- **86.** <u>UTERUS PROBLEMS:</u> 1 Bunch of mint (pudina) juice, 2 spoon of Rock sugar powder (Misri), 3 tea spoon of Black Caraway (Kalonji) oil, mix & use before breakfast. This treatment may continue for 40 days.
- **87. BLEEDING RELATED DISEASES OF WOMEN:** White discharge etc. Put half bunch of mint (Pudina) in two cups of water & reduce it to half by boiling & add 2 spoon powder of Rock sugar (misri) & 3 spoon Black Caraway (Kalonji) oil, take this mixture before breakfast. Treatment may continue for 40 days.
- **88.** MENSTRUAL PROBLEMS: Take one spoon of honey & mix with half tea spoon of Black Caraway (Kalonji) oil & drink one tea spoon in the morning before the breakfast & one tea spoon in the evening. Use this process for two weeks.
- **89.** LADIES SECRET DISEASES: (Leucorrhoea, White Discharge, Menses discharges 2 to 4 times a month, stomach pain, back pain) Treatment: Take mint (Pudina leaves) add two glasses of water & boil, then add half tea spoon Black Caraway (Kalonji) oil & drink one time in the morning before the breakfast & at bed time. Treatment may continue for forty days. Avoid Pickles, brinjal egg & fish.
- **90.** LADIES DISEASES: (Stoppage of menses for long term, stomach pain): Take one cup of warm water add half tea spoon Black Caraway (Kalonji) oil & two spoons of honey one time in the morning before the breakfast & at bed time. Treatment may continue for month. Avoid potato & Brinjal.

- **91.** FOR INCREASING MOTHER'S MILK: One cup milk two drops of Black Caraway (Kalonji) oil in the morning before breakfast & at night before going to bed.
- **92.** MATERNITY: The mental weakness after the child born, tiredness & bleeding related diseases: Take one cup of cucumber juice; add half tea spoon of Black Caraway (Kalonji) oil. Use this mixture twice a day before breakfast in the morning & before going to bed. Treatment may continue for 40 days.

## Eye disease: -

- **93.** <u>CATARACT:</u> Mix 1 spoon of Black Caraway (Kalonji) oil with black tea in the morning & with the milk at night. Take twice a day.
- 94. OPTHALMIC DISEASE: Redness of eyes, cataract, eyes problem, eye weakness & watering etc. Treatment: Take one cup of carrot juice mix with half tea spoon of Black Caraway (Kalonji) oil & use this mixture twice a day (in the morning before breakfast & in the night after dinner), Treatment many continue for forty days. Avoid Pickle, Brinjol.

## Hair disease: -

- 95. TREATMENT FOR BALDNESS: Take 20 grams Black Caraway (Kalonji) oil & 20 grams powder of Henna (Mehandi), Add 60 grams of vinegar (Sirka) & rub on the baldness & Wash after one hour. Insha-Allah baldness will be healed & also useful for recovery of damage hair. Note: this process may be used once in a week.
- **96. BALDNESS OF HEAD:** Rub the Black Caraway (Kalonji) oil on the head twice a day & use a mixture made of one cup coffee mixed with half tea spoon of Black Caraway (Kalonji) oil & use it twice a day.
- **97. FALLING HAIRS PREMATURELY:** Rub Lime Juice on the head & leave it for fifteen minutes, then wash it with shampoo, after getting dried rub the Black Caraway (Kalonji) oil all over the head. Falling hairs will be controlled within a week. Treatment may continue for one week or more.
- **98. DANDRUFF:** Mix 10 grams of Black Caraway (Kalonji) oil, 30 grams of Olive oil & 30 grams of Henna (Mehandi) powder & heat for a while. Apply after self cooling.

## Sexual disease:

- 99. MALE RELATED DISEASES, Night discharge: Take one cup of apple juice & add half tea spoon of Black Caraway (Kalonji) oil & use this mixture twice a day morning before breakfast & after dinner. Daily four drops of Black Caraway (Kalonji) oil should be rubbed on the head. Treatment may continue for 21 days. Avoid hot & spicy eatables.
- **100. SEXUAL DISORDERS:** (Weakness): Take two teaspoon of honey & add one drop of Black Caraway (Kalonji) oil with one drop of Nutmeg (supari) oil. Use this mixture daily before going to bed. Treatment may continue for two weeks.



#### Fever: -

- 101. HIGH TEMPERATURE: Take half tea spoon of Black Caraway (Kalonji) oil with decoction (tea without Milk or Black tea). Continue till the temperature comes to normal.
- 102. SIMPLE FEVER: -Take half cup of water & add half lemon Juice mixed with half tea spoon of Black Caraway (Kalonji) oil & use it twice a day. Treatment may continue until you get relief. Avoid use of Rice.
- 103. BRAIN FEVER: Allow the vapours of Black Caraway (Kalonji) oil enter the body through breath. Take one lemon juice & half tea spoon Black Caraway (Kalonji) oil & use for 3 days twice a day & from fourth day 1 tea spoon Black Caraway (Kalonji) oil in one cup of decoction (black tea) twice day.

# Memory problems:

- **104.** MEMORY POWER: To increase the memory power, take 10 gm. Mint (Pudina leaves) & boil it with the water & add half tea spoon of Black Caraway (Kalonji) oil & use it twice a day. Treatment continues for twenty days.
- **105.** <u>WEAK MEMORY:</u> (Absent mindedness): In case of absent mindedness crush seven seeds of Black Caraway (Kalonji). Add one spoon of honey & 1 spoon of Black Caraway (Kalonji) oil. Use this mixture daily. Also chew 3-4 pieces of cardamom (Elaichi) a day.
- 106. FROM HEAD TO TOE ANY PROBLEM: Mix one cup of orange juice with half tea spoon of Black Caraway (Kalonji) oil, take before breakfast & at night bed time. Treatment may continue for four months.

#### Headache: -

- **107.** HEADACHE: Rub Black Caraway (Kalonji) oil on the forehead & near ears & also drink half tea spoon Black Caraway (Kalonji) oil twice a day.
- **108.** <u>HALF SIDE HEADACHE:</u> Put one drop of Black Caraway (Kalonji) oil in nostril (nose) opposite to the headache side & also take half spoon of Black Caraway (Kalonji) oil daily.
- 109. MADNESS: Take half tea spoon of Black Caraway (Kalonji) oil & mix with cold water & drink. If you mixe the same in Seasame (Til) oil with boiled water & let it cool & drink. For SNAKE POISON same process should be adopted. Avoid Guava, Banana & Custard apple (Sitaphal).

# **Epilepsy: -**

**110. EPILEPSY:** - Take one cup of warm water & add two spoons of honey & mix them & add half tea spoon Black Caraway (Kalonji) oil use it twice a day. During this treatment cold food should not be taken. Avoid guava, Banana, Custard apple (Sitaphal) for three years.

## Polio or Paralysis: -

111. POLIO & PARALYSIS (Laqwa): - Take one cup of warm water, add one spoon of honey & half tea spoon Black Caraway (Kalonji) oil & use this mixture twice daily & for children take 2 spoons milk add 3

drops of Black Caraway (Kalonji) oil, give this mixture 3 times a day. Treatment should be continued for forty days.

112. POLIO & PARALYSES: (Laqhwa): Daily put one drop of Black Caraway (Kalonji) oil in the nostril, which is opposite to Polio side, use half spoon of Black Caraway (Kalonji) oil with one spoon of honey.

## **Conclusion of Hadees:**

Black Caraway seeds & oil have healings for all disease except death, use it regularly, can be used in combination with other herbs during illness.

.....This lesson has 5 Hadees......

## Lesson no. 23 Sweet Basil (Rehaan) (Rayhan) (الريحان) (Tulsi):





#### **Names**

- 1. The word Rehaan (Rayhan) (الريحان) means sweet swelling plant.
- 2. Hindi it is called as Tulsi.
- 3. In it is called Rehaan (Rayhan) (الريحان) in Hadees, Quran & Arabic.
- 4. In English it is called as Sweet basil, Myrtle.
- 5. In Sanskrit it is called as Vishwa Tulsi.
- 6. In Hindi, Gujrati & Urdu it is called as Sabza.
- 7. In Marathi it is called as Tukmaria.
- 8. In Latin it is called as Ocimum basillicum.
- 9. Family Larniaceae.

# Introduction: -

The word Rehaan (Rayhan) (الريحان) means sweet smelling plants. It is not one type of plant, Allah Ta'ala has gifted every region sweet smelling plants, according to their needs & they all come under the topic of Rehaan (Rayhan) (الريحان) means every region grow sweet smelling plants of its own kind by the grace of Allah Ta'ala.

Characters of Rehaan (Rayhan) (الريحان: - The leaves, stems, pods, flowers etc all have a sweet smell, but the taste is bitter.

There are different - different species of sweet smelling plant in the world & all come under the title of Rehaan (Rayhan). In India it may be Tulsi. In Arab it may be Myrtle. In Iraq & Syria, it may be Sweet basil. In India, Tulsi have all qualities & can be taken under the heading of Rehaan (Rayhan).

## Quranic references: -

وَالْحَبُّ ذُو الْعَصْفِ وَالرَّيْحَانُ 1. Chapter (Sura) Rahmaan verse no. 12.

**Translation:** & also corns, with leaves & stalks for fodder & sweet-scented plants.

2. Chapter (Sura) Waaqia verse no. 89.

فَرَوْحٌ وَرَيْحَانٌ وَجَنَّةُ نَعِيمٍ

Translation: For him is the comfort & flower & a garden of delight.

Prophet ﷺ's guidance about Rehaan (Rayhan) (الريحان): -

#### Rehaan (Rayhan) in Jannah: -

1. Hazrat Usama Bin Shariq المجتاعية narrates a long Hadees in which Nabi على explained a long detail about Jannah (الجنة ) in that, it is said that, In Paradise (الجنان) there will be plants of Rehaan (Rayhan) (الريحان) (sweet smelling plants) & its branches. (It is a long Hadees).

[Kanz al-Ummal: 39268]

## Do not refuse or reject Rehaan (Rayhan), if it is gifted: -

2. Hazrat Abu Usman An-Nahdi الله says that Nabi الله said if anyone of you is given (gifted) Rehaan (Rayhan) (الريحان) (fragrance) do not reject (refuse) it, (because) it is from Paradise (الجنة).

[Tirmizi: 3021; Book. 43, English vol.5; Book. 41, Hadees no. 2791]

3. Hazrat Abu Hurairah الله says that Nabi ها said whoever is offered Rehaan (Rayhan) (الريحان), should not refuse it, (because) it has pleasant smell & is light in weight.

[Muslim 2253; Book no. 40; English Book no. 27; Hadees no. 5600]

### Quran reciting people: -

4. Hazrat Abu Musa Al-Ash'ari says that Rasoolullah said "A believer who recites Qur'an is like an orange whose fragrance is sweet & whose taste is sweet, a believer who does not recite Qur'an is like a date which has no fragrance but has a sweet taste & the hypocrite (munafiq & faajir) who recites Qur'an is like Rehaan (Rayhan) basil whose fragrance is sweet, but whose taste is bitter & a hypocrite (munafiq & faajir) who does not recite Qur'an is like the colocynth which has no fragrance & has a bitter taste.

[Bukhari: 5427; Book. 70; English vol. 7; Book. 65; Hadees. 338.]

(Colocynth is a bitter cucumber & also bitter apple).

#### Nabi &'s Rehaan (Rayhan) on Earth: -

5. Nabi ﷺ said that Hasan & Husein ﷺ both are my Rehaan (Rayhan) (الريحان) (sweet smelling flowers) on earth (الريحان).

[Mishkat: 6145]

### Angels Referring a pious soul as Rehaan (Rayhan): -

6. Narrated by Abu Hurairah & that Rasoolullah & once explained a long detail about angels (Farishtaas) coming to a good pious person to remove his soul, the Angels refer the good person's soul as Rehaan (Rayhan) (الريحان) (Along with many praises).

[Mishkwat: 1627]

## Part to be used

1. Leaves, soft -stem, fruits, pods, roots, flowers, Stem, stem bark, root- bark.

#### How to use: -

- 1. Fresh leaves, soft stems, fruits, flowers etc can be chewed & eaten. Leaves, stem, fruits, flowers etc all together can be soaked in water, over night & boiled in mourning for 15 minutes, than filter & drink the water in lukewarm condition.
- 2. Can be used with ginger, fruits, Fenugreek (methi) (a type of vegetable, with root or use its seeds), raisins (dried grapes of big size), Black

Caraway seeds (Kalonji) (black seeds) etc but use in little quantity, for 21 days or more.

- 3. Always try to eat or use all parts of it, like leaves, soft stems, flowers etc together, because they all have different- different benefits & are compatible to each other.
- 4. Tablets or capsules of it are available

#### Content of it: -

vitamin K, C, A, E, B1, B2, B3, B6, follic acid, potassium, iron, calcium, phosphorus, magnesium, zinc, protein, carbohydrate, fibers, copper, carotene, lutein, cryptoxanthin & etc.

## Scientific benefits of Rehaan (Rayhan)

- 1. Reduces cough, lungs infection, diarrhea, stomach infection, cold & cough.
- 2. Also helpful in skin infections, internal infection.
- 3. It can be used in all diseases, along with other medications
- 4. Reliefs heart problems, sinus & throat infections.
- 5. Expels gases, increases urine out-put.
- 6. Good for sleeps, migraine, weakness, menstrual problems etc.

#### How much to use: -

1. Take 5 or more leaves, with stalk of stem, with 1 or 2 flowers, daily 2 to 3 times a day for 15 to 30 days (*Refer how to use column*).

## Important: -

Can be used for skin, wounds, ulcers etc, (apply on skin lesions). Prepare a paste out of Rehaan (Rayhan)'s leaves, flowers etc & apply on the lesion.

# Science & Hadees regarding Rehaan (Rayhan):

In general Rehaan (Rayhan) mean two things: (1) sweet smelling plants, (2) Sweet smell. In Hadees of Abu Musa sit is said that "the hypocrite (munafig & faajir) who recites the Qur'an is like Rehaan (Rayhan) basil whose fragrance is sweet, but whose taste is bitter" may refer to sweet smelling plants, thought Allah only knows better, the interpretation of this Hadees is very wide & not easy to do, I understand from this Hadees

is that, All the sweet smelling plants may not be good to use, so they are compared with non-believers (munafig & faajir).

According to modern science sweet basil has many health benefits but also a side effect, the above-ground parts of basil & basil oil are **POSSIBLY UNSAFE** when taken by mouth as a medicine, long-term. These contain estragole, a chemical that might increase the risk of getting liver cancer.

But in one Hadees it is said, "Hasan & Husein رضي الله عنها both are my Rehaan (Rayhan) (الريحان) on earth (اللنيا) again interpretation here is difficult, what I understand here is perfumes, though Allah knows better, Research indicates that there several health benefits associated with basil: -

A study by researchers at Purdue University revealed that basil "contains a wide range of essential oils rich in phenolic compounds & a wide array of other natural products including polyphenols such as flavonoids & anthocyanins."

The herb contains high quantities of (E)-beta-caryophyllene (BCP), which may be useful in treating arthritis & inflammatory bowel diseases, according to research conducted at the Swiss Federal Institute of Technology.

Reduce inflammation & swelling - a study presented at the Royal Pharmaceutical Society's annual event, revealed that "extracts of O. tenuiflorm (Holy basil) were shown to reduce swelling by up to 73%, 24 hours after treatment".

Anti-aging properties - according to research presented at the British Pharmaceutical Conference (BPC) in Manchester, basil has properties that can help prevent the harmful effects of aging. Holy basil extract was effective at killing off harmful molecules & preventing damage caused by some free radicals in the liver, brain & heart.

Rich in antioxidants - results of a study published in the Journal of Advanced Pharmacy Education & Research showed that ethanol extract Ocimum basillicum had more antioxidant activity than standard antioxidants.

# Conclusion of Hadees: -

In Jannah there will be Rehaan (Rayhan) plants, do not refuse if you are gifted Rehaan (Rayhan) (perfume or flower or sweet smelling plant) & good souls are referred as Rehaan (Rayhan) by Angels.

This lesson has 6 Hadees.....

# Lesson no. 24 Costus (Qust) (القسط): ٠



Al Qust Al Bahri (القسط البحرى)



Al Qust Al Hindi (القسط الهندى)



Agarwood

#### **Names**

- 1. In Hadees it is called as Al Qust Al Bahri (القسط البعرى) & Al Qust Al Hindi (القسط الهناى) (both are different varieties of Qust) Qust Al Bahri is of light coloured & Al Hindi is from India & it is dark coloured.
- 2. In Arabic it is called as Qust.
- 3. In English it is called as Costus.
- 4. In Hindi & Sanskrit it is called as Kusth.
- 5. In Latin it is called as Saussaurea lappa.

# Introduction: -

King Vikram of India had sent many gifts to Nabi & & among all the items Qust-hind (قسط هنای) was also present & Nabi & said this is Qust Al Hindi & also said the benefits of it.

# Nabi & 's guidance about Qust: -

# Wet cupping & Costus are the best for treatment: -

1. Hazrat Anas Bin Malik الحجامة (الحجامة) & white costus (القسط البحرى) (Qust Al Bahri) are the best of your treatments.

[Musnad Ahmed: 12906]

# <u>Treat pleurisy (Zaatul-janb) with Costus (Qust Al-Bahri), Olive oil</u> (zait) & Memecylon (warss): -

2. Hazrat Zaid Bin Arqam له says that Rasoolullah هه advised, as a treatment for pleurisy (خات الجنب) (zaatul-janb), Memecylon (ورس) (Warss), Costus (قسط) (Qust), & Olive oil (زيت) (Zait) & take at one side of mouth (يُلِلُّنُ).

[Ibn Ma-jah: 3596; Book. 31; English vol. 4; Book. 31, Hadees. 3467]

Means the preparation should be taken at the side of the mouth to which side the problem in the body is, means if the problem is the right side of the body than take the preparation in the right side of the mouth.

Maimun Abu Abdullah said: "I heard Zaid Bin Arqam چ says that Rasoolullah چ ordered us to use white costus (القسط البحرى) & olive oil (زيت) for pleurisy (ذيت).

[Tirmizi: 2223; Book. 28; English vol: 4; Book. 2; Hadees. 2079]

# <u>Costus, a treatment for throat infections (Azrah) (a type of throat infection): -</u>

4. Hazrat Anas العنرة says that Rasoolullah العنرة "To your children during their throat infection (العنرة) (Azrah), do not press their throat & do not give them pain (Azaab) you have costus (القسط) (Qust) (use it).

[Bukhari: 5696; Book. 76; English vol. 7; Book. 71; Hadees. 599]

5. Hazrat Jabir Bin Abdullah هه says that Rasoolullah هه said "Oh! Ladies, it is a matter of sorrow for you, that you kill your children "If any children have throat infection (العنرة) (Azrah) (a type of throat infection) or headache (أووجع براسه), than take dark costus (means dark coloured) (قسط هندى) put it in (some) water & (the paste) should be licked.

[Mustadrak Al Hakim: 7456]

6. Hazrat Jabir Bin Abdullah الله says that Rasoolullah الله said: "Do not burn the throat of your children, you have dark costus (قسط هنای) & Memecylon (ورس) (warss) make your children lick them.

[Mustadrak Al Hakim: 8239.]

## For Memecylon (Warss) refer lesson no. 32 in part-1.

7. Narrated by Hazrat Jabir Bin Abdullah الله مدين once Nabi الله come to his home, & saw a child who was brought, which was having bleeding from mouth & nose. Nabi الله asked about it? Hazrat A'isha رضى الله عنه replied that the child is suffering from throat infection (العندرة) (Azrah), Nabi الله said, Alas! ladies, you use to kill your children like this, In future if any child gets infection in throat (العنرة) or headache (العنرة) rub dark costus (العنرة) & make the child lick. Hazrat A'isha رضى الله عنها did as said, & the child became healthy.

[Musnad Abi-Yaa'la: 1912]

## Costus used after menses: -

8. It was narrated from Hafsah from Umm Atiyyah رضى الله عنها from Nabi هج, that He هج granted a concession to the woman whose husband has died, allowing her to use costus (الْقُلْفَار) & Azfar (اللَّقُلْفَار) when purifying her following her menses.

[An-Nasa'i: 3542; Book. 27; English vol. 4; Book. 27, Hadees. 3572]

# <u>Aloes wood to be used for throat infection: -</u> please note Aloes wood is different from costus

9. Narrated by Umme Qais Bint Minsaan رضى لله عنها that she took her son to Nabi هم who was suffering from throat infection & she had press his throat part, Nabi هم saw the child & said "Why do you press your children & you should use Aloes wood (الْعُود الْهِنْدِي) (Al-Ud Al-hindi), there are 7 cures in it, it should be inhaled for throat infection (Azrah) & taken by mouth for pleurisy (Zaatul-Janb).

[Ibn Ma-jah: 3590; Book. 31; English vol. 4; Book. 31, Hadees. 3462]

Aloes wood is aromatic, resinous heartwood that is found in trees from the aquilaria genus, an evergreen tree, it is thought that aloes wood is created by a reaction from an injury to the tree, starting an infection & thus triggering the oleoresin to grow within the heartwood of the tree. In Urdu it is called as Agar & in Sanskrit it is called as Aguru, In Arabic it is called as Oud (عود), In English it is called as Agarwood & Aloes wood.

### Content of it & its oil: -

Campher, Phellanderene, Jerpene, Alcohol, A-cosrtene., B-costene, Aplotaxene, A-costene, Aplotarene, Costol, Dy-hydrocostus, lactone, Costus Lactone, ustic acid.

#### <u>Scientific benefits: -</u>

- 1. It is beneficial in all types of phleamatic diseases, diarrhea & cholera can be used for genital wash (after menstrual cycle).
- 2. It is helpful in alopecia, Tinea versicolor, ringworms.
- 3. It increases complex.
- 4. It is a blood purifier, anti septic, anti spasmodic.
- 5. Best in bronchial asthma, paralysis, facial palsy, chloasma, cough & cold, throat infections.

## Science & Hadees regarding Qust:

## Costus (Qust) & Zait (olive oil) use together: -

Costus (Oust) is an anti-bacterial herb with a very good effect & olive oil increases its medicinal actions & both enhance action of each other.

## <u> A research on Qust for pleurisy (zatul Janb) & other lungs disease: -</u>

Anti-bacterial effect of Indian costus (Qust ul Hind) & sea-Qust & their water extracts on some pathogenic bacteria of the human respiratory system. AL-Kattan, Manal Othman Faculty of Science (Girls), Department of Microbiology, King Abdul Aziz University, Jeddah, Saudi Arabia (Accepted on 4 May, 2012).

The pathogenic bacteria of the human respiratory system are characterized by resistance to most antibiotics. Staphylococcus aureus & Klebsiella pneumonia are some of the pathogenic bacteria of the human respiratory system which often cause pneumonia, pleurisy & meningitis. Moreover, they are the most prominent strains of bacteria in most hospitals.

Bacterial resistance to antibiotics occurs as a result of excessive usage of antibiotics in the treatment of diseases. For that reason, it is necessary to seek for medical alternatives that are safer for the treatment of these bacteria. Alternative medicine, especially, has revealed many plants & herbs that are used in the treatment for some diseases including respiratory diseases.

The purpose of this study is to determine the effect of the Indian Costus & sea-Qust on the pathogenic bacteria; Escherichia coli, Pseudomonas aeruginosa, S. aureus & K. pneumonia. In addition, the effect of the water extracts of the Indian costus & sea-Qust on S. aureus & K. pneumonia was also determined.

#### Result of the research: -

The results showed antibacterial effect of two types of dried Costus roots on all tested bacteria, especially in high concentrations. Also, the cold or hot water extract of Indian Costus was highly effective against tested bacteria at 20 to 25% concentration, while the hot extract of sea-Qust was more effective against tested bacteria than its cold extract in all the concentrations used

## **Conclusion of Hadees: -**

Qust is the best medicine for pleurisy, throat infection mainly in children, take is at one side of mouth, for children prepare paste out of it & make them lick to the paste, can be used with olive oil, Memecylon (Warss) or etc, can be used to get cleaned during & after mens.

.....This lesson has 9 Hadees......

# Lesson no. 25 Sanna (Senna) (السنا): -



## Names

- 1. In Hadees it is called as Sanna (Senna) (السنا).
- 2. In Latin it is called as Cassia agustifolia.
- 3. In Hindi it is called as Sanaya, Hindi Sana.
- 4. In Sanskrit it is called as svarnapatri.
- 5. In English it is called as Senna.

# Rasoolullah &'s guidance about Sanna: -

## Merits of Sanna: -

1. Hazrat Asma Bint Umaiz رضى الله عنها says that Rasoolullah ﷺ asked her: "What do you use as a laxative (تستهشين), she replied "Shabram" (الشبرم) (spruge). Rasoolullah ﷺ said it is hot & powerful. (حار،حار), She said then I used Sanna (senna) (السنا) as a laxative (تستهشين). & she

said that Rasoolullah ﷺ said "If there would be cure (شفاء) for death (السنا) it would be Sanna (Senna) (السنا).

[Tirmizi: 2225; Book. 28; English vol. 4; Book. 2, Hadees. 2081]

Shabram (spruge) is explained at the end of this column. Laxatives are food products or medicines by which stools get loose & easy defecation is facilitated & prevent or treat constipation.

#### Sanna & Sanoot, cure for every diseases: -

2. Ibrahim Bin Ablah heard Abu Bin Umm Haram رضى الله عنها says that Rasoolullah ه said that "For you Sanna (senna) (السنوا) & Sannoot (شفاء) (Dill or else) is present, these have cure (شفاء) for all diseases except Saam (السام) (death), to this, he asked, to Rasoolullah ه what is Saam (السام)? Rasoolullah ه replied Maut (البوت) (death) Amr said: "Ibn Abu Ablah said: the 'Sannoot is dill." Others said: "Rather, it is honey that is kept in a skin (i.e., receptacle) used for ghee."

[Ibn Ma-jah: 3584; Book. 31; English vol. 4; Book. 31, Hadees. 3457]

3. Hazrat Abu Ayyub Ansari ه says that Rasoolullah ه said Sanna (senna) (السنا) & Sannoot (السنوت) (dill or else) are medicines (دواء) for all diseases.

[Kanz al-Ummal: 28270 & Baihagi: 20065]

4. Hazrat Anas Bin Malik السام says that Rasoolullah ها said "There is cure (شفاء) in 3 things except Saam (السنا) (death), Sanna (Senna) (السنا), Sannoot (السنوت) (dill or else) the third one is not mentioned due to forgetfulness.

[Kanz al-Ummal: 28269]

#### 4 (Four) best treatments: -

5. Hazrat Ibn Abbas رضى الله عنها says that Rasoolullah ﷺ said: "Amongst the treatment you do, the best is to put medicine in nose (السعوط), to

put medicine in one side of mouth (اللدود), wet cupping (الحجامة) & Walking (laxatives) (الهشي).

[Tirmizi: 2184; Book. 28; English vol. 4; Book. 2, Hadees. 2047]

Walking here is considered as movement of intestines by Imam Qayyim u & senna increases the movement of intestines. (Movement of intestines is called as Peristalsis movement is medical terms).

#### Content of it: -

Flavenol, Anstraquinone, isohamnetin, kaempfeol, rhein, emodin, glucoside (sennoside A & B), menitol, sodium, potassium, tartarte, salisilic acid, crisophenic acid, volatile oil, resins, calcium, oxalate & flowers have ctisofenic acid.

### <u>Scientific benefits of it: -</u>

- 1. It removes constipation.
- 2. Increases movement of intestines (peristalsis).
- 3. It is useful in piles due to laxative action.
- 4. Its paste can be applied on wounds & ulcers.
- 5. It also an anti helmentic (anti worms).
- 6. It reduces obesity.
- 7. It increases appetite.
- 8. Useful in hypertension & increased in intra cranial pressure (brain pressure).
- 9. Helpful in dysentery, hepatomegaly, spleenomegaly, malaria, jaundice, gouts, rheumatism, anaemia.
- 10. But use in mild dose.
- 11. Can be used in all season.

#### Contraindications: -

Do not use in pregnancy, menstrual cycle, small children, colon cancer & etc.

Shabram (spurge) is an herb, Its Latin name is Euphoria thymifolia, Its English name is Spurge. In Arabic it is called as Shabram. In Hindi it is called as Chhoti Duddhi (Because it contains milky latex in it, so used as a Laxative).

#### Sannoot: -

There are various opinions on what is Sannoot & there is difference in understanding. It may be anyone amongst the following or combination of any following: -

1. Dill (sowa).	2. Honey.
3. Ghee.	4. Dates.
5. Saunf.	6. Kirmani jeera.
7. Dates & honey both mixed in	8. Senna mixed in honey than mixed
ghee.	in ghee.
9. Sabt (sowa seeds).	10. Rai.
11. A black substance found on upper layer of stored ghee.	

Amongst the above 11 points, Dill is believed to be Sanoot. Dill is sowa. In Hindi it called as soa or sowa or savaa & Anethum gravelens in Latin. In Marathi it is called as Shepu. In Sanskrit it is called as Shatapusha.

## Science & Hadees regarding Sanna: -

Sana Makki (senna leaves) is a true miracle of Allah's creations & it is one of the valuable herbs of Tibb-e-Nabawi, In Hadees of Ibrahim Ibn Abi Laila anarrates that Rasoolullah says necessarily use Sana & Sanoot; because there is a cure in both of them from every disease except the "saam" someone asked Rasoolullah 🐉 what is saam? He 🐉 Replied, Death. (Reference Ibn Ma-jah Hadees: 3457) see Hadees no. 2 above.

When you take Senna alone, it may create pain in the stomach due to contraction of stomach & intestinal contraction. Prophet & directed to take Senna with "SANOOT". About Sanoot there is several opinions (1) honey. (2) Zeera (3) sonf/badiyan. So the best is to take with honey which is mixed with butter. This results in to separation of old toxins & layers of putrefied un-digested food.

It leaves are very effective laxative & purgative & are particularly useful remedy for the occasional bout of constipation & is useful for evacuation relief in cases of fissures, hemorrhoids, after recto anal operations & in preparation of diagnostic intervention in the gastrointestinal tract. It irritates the lining of the large intestine, causing the muscles to contract strongly resulting in bowel movement in about 10 to 12 hours after ingestion & also stops fluid being absorbed from the large bowel helping to keep the stool soft. It is sure & safe even for children (over 12 years of age) & weak & elderly persons. To prevent griping pains in the intestines, it is best when combined with a smaller amount of a warming stimulant & antispasmodic such as ginger or some other suitable herb. Senna leaves are approved by the World Health Organization (WHO) for short-term use in occasional constipation. Senna is also approved in the United States & in European countries as an ingredient in over-thecounter & prescription laxative preparations. The herb is approved by the German government for any condition in which alleviating constinution or softening stools is desirable.

Clinical studies suggest that Senna is effective in managing constipation associated with a number of causes including surgery, childbirth & use of narcotic pain relievers. A study in the medical journal Diseases of the Colon & Rectum showed that Senna was able to prevent or treat postoperative constipation after proctologic surgeries. The South African Medical Journal shows that treatment with senna was successful in 93%-96% of women suffering from postpartum constipation. By comparison, only 51%-59% of women in the placebo group experienced relief. It is considered to be one of the more effective agents for relieving constipation caused by such narcotic pain relievers as morphine. In another study published in the Journal of Pain & Symptom Management, researchers recommended the use of senna in terminal cancer patients with opiate-induced constipation, citing the effectiveness of the herb & it's relatively low cost. A study published in the medical journal Pharmacology suggests that a combination of senna & bulk laxatives can alleviate chronic constipation in geriatric patients. It is also useful in intestinal worms, rheumatism. sciatica. hip pain & lumbago. gout,

## **Conclusion of Hadees: -**

1. Senna is a gentle laxative; there is healing in it for all disease except death. Best .....This lesson has 5 Hadees...... if used with Sanoot.

# Lesson no. 26 Sweet flag (Zarirah) (ذريرة): ا







#### **Names**

- 1. In Hadees it is called as Zarirah (ذريرة).
- 2. In Arabic it is called as Tharirah.
- 3. In Sanskrit it is called as Vacha.
- 4. In Urdu & Hindi it is called as Charaitah.
- 5. In English it is called as Sweet flag, Bitter pepper root, Calamus.
- 6. In Latin it is called as Calamus aromaticus.

## Introduction of Zarirah (Sweet flag): -

It is long lived plant of Acorceae family, red coloured, pleasant smell. It has rhizomes & branches of reeds shape, when the stem is broken, white coloured seeds are obtained, which are called as Zarirah.

## Rasoolullah ﷺ's guidance about Zarirah (ذريرة): -

# <u> Zarirah applied on beards & Ihraam: -</u>

1. Hazrat A'isha رضى الله عنها narrates that she applied sweet flag (ذريرة) (Zarirah) on Nabi ﷺ's beards & Ihraam, with her own hands, during the Haj-jatul-wida (fare well Haj) when Nabi ﷺ wear Ihraam.

[Bukhari: 5930; Book. 77; English vol. 7; Hadees. 814]

# Zarirah to be applied on Blisters: -

2. Nabi ﷺ advised his wife to apply sweet flag (ذريرة) (Zarirah) because she had a blister on her finger & Nabi ﷺ said "Also do Dua to Allah

Ta'ala" saying: "Who makes big things smaller & makes small things bigger", "Make small that what I have" *(means the blister)*.

[Mustadrak Al Hakim: 7463]

3. One of the wife of Nabi ه says that, Nabi ه asked "Do you have any sweet flag (ذريرة) (Zarirah), she replied Yes, & (the respected) Nabi ه applied it on a blister between his toes & did Dua "Oh! Allah, who extinguishes that is big & makes big that which is smaller", "Extinguish it for me" & the blister got extinguished.

[Majma Al-Zawa'id: 8350]

#### Other references: -

- 1. Ibn Al-Qayyim (ra) says that sweet flag (غزيرة) (Zarirah) is an Indian medicine, which is made from the reeds of sweet flag (غزيرة) (Zarirah). It is beneficial for swelling in stomach, liver, hydrocephalus, it strengthens the heart & it has pleasant fragrance.
- 2. Ibn Sina (ra) says that there is nothing better for burns than sweet flag (فزيرة) (Zarirah) mixed with rose water & vinegar. The reeds of it are gentle, slightly astringent & pungent & remove swelling.

#### Contents: -

Essential oils, eginol, asarane, acetic acid, cetilic, vitamin B, colline, gallnuts etc

#### Part uses are: -

Roots, seeds, branches.

## Scientific benefits: -

- 1. It strengthens the stomach & digestion.
- 2. Regulates menstrual cycle.
- 3. Expels gases.
- 4. Helpful in malaria.
- 5. Reliefs pain.
- 6. Reduces kidney inflammation & heals urinary tract infection.
- 7. Reduces swelling of stomach, liver & etc.

- 8. It is anti spasmodic, anti carminative, analgesic, nerve tonic & anti septic.
- 9. Helpful in rheumatism, eczema, fever, epilepsy, stomach ache, lice problem, jaundice, anti helmentic (anti worms).
- 10. It is aromatic, diaphoretic, emetic, sedative, stimulant, tonic vulnerary & etc.

# Science & Hadees regarding Zarirah: -

According to researches on sweet flag (ذرية) (Zarirah) it can be used externally, the tea is used for sores, burns, scrofula, wounds & ulcers. & also can be used as antispasmodic, aromatic, carminative, decongestant, diaphoretic, emetic, emmenagogue, expectorant, febrifuge, nervine, sedative, stimulant, stomach ache, tonic vulnerary. It is particularly known for the beneficial effects on the stomach, especially heartburn with sour eructations. A few small pieces of it can be chewed & the juice swallowed, gives prompt relief. The roots may be chewed several times a day for chronic conditions, until the stomach gets healthy. It also stimulates the appetite & helps to relieve acute & chronic colicky pain, gastritis, fevers, colds, sinus headaches, sinusitis, coughs, hyperacidity, deafness, arthritis, hysteria, neuralgia, epilepsy, shock.

Chewing the root is said to stop pyrosis, the discharge of an acid (burning & bitter) liquid from the stomach into the throat. For smokers, however, chewing the dried root tends to cause mild nausea, a property that makes sweet flag useful for breaking the smoking habit. A decoction of the rootstock makes a good bath additive for insomnia, malaria, cholera, typhus, flu, bronchitis, ague, diarrhea, dysentery, asthma, a general tonic & tense nerves; it has also been used in baths for children with scrofula or rickets.

# Conclusion of Hadees: -

Use sweet flag (ذريرة) (Zarirah) for blisters & also do Dua, can be used as a perfume. .....This lesson has 3 Hadees......

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# Lesson no. 27 Henna (الحناء) (Mehndi): -







#### **Names**

- 1. In Hadees it is called as Heena (الحناء).
- 2. In Urdu it is called as Heena.
- 3. Latin name is Lawsonia inermis.
- 4. English name is Henna.
- 5. Hindi name is Mehndi.

# Prophet ﷺ's guidance about Heena (الحناء) Mehndi: -

# Be different from Jews & Christians: -

Hazrat Abu Hurairah 
 says that Nabi 
 said that the Jews (اليهود) & Christians (النصارى) do not dye their hairs, so be different from them.

[Bukhari: 5899; Book. 77; English vol. 7; Book. 72; Hadees. 786]

(Apply henna on hair & beards but do not use black colour & remember we are allowed to use natural herb to colour our hair & beard which get grey).

The word (یصبغون) is used for dying the hair in Hadees.

### Use a dye: -

2. Hazrat Abu Hurairah 🕸 was asked "Did Rasoolullah 🕮 use a dye? He replied, "Yes".

[Shamaa'il; Book. 6; Hadees. 46; English Book. 6; Hadees. 45]

# Dye hairs & avoid black dye: -

3. Hazrat Jabir said that Nabi saked Abu Quhafah to dye his hairs avoid black. (Abu Quhafah's hairs were white like flower fruit of Thughamah plant).

[An-Nasa'i: 5242; Book. 48; English vol. 6; Book. 48, Hadees. 5244]

#### Heena & Katam for dve: -

4. Ibn Sirin reported that Hazrat Anas Bin Malik الكتم Says that Hazrat Abu Bakr الكتم (الكتم) & Katam (الكتم) & Hazrat Umar الكتام).

[Muslim 2341 A; Book. 43; English Book. 30; Hadees. 5779]

(Katam (الكتم) is a plant from Yemen, which gives a reddish black colour).

5. Hazrat Abu Zarr Gaffari الكتم says that Nabi ه said, to turn oldness into youngness; Heena (الكتم) & Katam (الكتم) are there.

[Ibn Ma-jah: 3753; Book. 32; English vol. 4; Book. 32, Hadees. 3622]

### Hijamah & Heena: -

6. Hazrat Salma Umme Rafe' رضى الله عنها said that Rasoolullah ﷺ advised cupping for headache (migraine) & Heena (الحناء) for leg pain.

[Abu Dawud: 3858; Book. 29; English Book. 28; Hadees. 3849]

# Heena applied by Rasoolullah 🐉: -

7. Narrated Ali Bin Ubaidullah from his grandmother Hazrat Salma Umme Rafe رضى الله عنها said that Rasoolullah ﷺ never had any wound or prick with thorn, on which Rasoolullah ﷺ did not applied Heena.

[Tirmizi: 2192; Book. 28, English vol. 4; Book. 2, Hadees. 2054]

(Means Nabi ﷺ use to apply Heena (الحناء) on every kind of wounds).

### Hairs of Nabi 🐉: -

8. Hazrat Usman Bin Abdullah Bin Mauhib المناء says that he was sent to Hazrat Umme Salma رضىالله عنها & she showed him the (respected) hair of Nabi الحناء).

[Bukhari: 5897; Book. 77; English vol. 7; Book. 72; Hadees. 785]

### Merits of Heena: -

9. Hazrat Wasilah الحناء), it makes your hair bright (نور), purifies you (يطهر القلوب), increase libido (الجباع), evidence in grave" (kabar) (الجباع).

[Kanzul-Ummal: 28282]

10. Once Nabi ﷺ laid His (respected) Hand on His Hairs & said: "For you, there is Heena (الحناء), the best of all dyes (الخضاب) for hairs, it brighten the face, increases the libido (الجماع).

[Kanz al-Ummal: 17316]

### Heena for women: -

11. Hazrat A'isha رضى الله عنها says that Rasoolullah ﷺ guided women to at least apply Heena (الحناء) on their nails.

[Nasa'i: 5089; Book. 48; English vol. 6; Book. 48, Hadees. 5092]

(This is a very long Hadees).

# Do not dye the hair with black dye: -

12. Narrated by Ibn Abbas رضى الله عنهيا, who attributed Nabi ﷺ saying: "Some people will dye their hair black like the breasts of pigeons at the end of time, but they will not even smell the fragrance of Paradise."

[Nasa'i: 5075; Book. 48; English vol. 6; Book. 48, Hadees. 5078]

# Heena for headache: -

13. Narrated by Ibn Majah that whenever Prophet Muhammad suffered from a headache, he used to cover his head with Henna (Khazaab) & said: "Henna helps to relieve headache by the permission of Allah".

[[Ibn Majah: 3502, Abu Dawud: 3823 according to Maktaba Shamilah (البكتبةالشاملة)]

### <u> Scientific benefit of Henna: -</u>

- 1. Henna is safe & harmless to use on hair, beards, skin infections & lesions.
- 2. It strengthens the skin of scalp & hairs.
- 3. Good on burns (Water boiled with henna can be applied on burns).
- 4. It has a pleasant smell.
- 5. It has soothing effect on painful site.
- 6. Good for nails, broken nails fungal infection on nails.
- 7. Good for gouts & fungal infection between toes.
- 8. Increases urine output.
- 9. Helpful in kidney stones.
- 10. It is an abortificant (Used for abortion or can cause abortion).
- 11. Promotes wound healing.
- 12. One can add fenugreek (methi) seeds with it also.
- 13. Reduces sweating.
- 14. Always use with lemon, nilgiri oil (eucalyptus oil) & boiled water of skin of pomegranate (Anaar) (to apply on hairs or palm & feet)
- 15. Good for stomach infections.
- 16. Removes dandruff.
- 17. Ladies can apply on nails & hairs.
- 18. Do not apply when suffering from cough & cold.

### Part us: -

Leaves, stem, soft stem, pods & flowers.

# Mode of use: -

It can be taken orally with water on empty stomach. Also it can be applied on hairs, beards, nails, wounds, ulcers, lesions etc. (its dry powder or paste can be applied). Henna water can be applied on burns. Always use in mild quantity. Soak some coffee, tea powder, kattah (used in paan) & water of pomegranate, nilgiri (soak some skin of pomegranate in little water over night & use this water) over night, than boil them in mourning on low flame for 10 minutes, than mix henna powder in the same water & keep it covered for 3 hours than add little eucalyptus oil (nilgiri oil), lemon juice & 1 or 2 egg in it & again keep it covered for more 2 hours & then apply on hair & breads. Keep for 3 to 4 hours applied on hair, beards etc.

#### Content of Heena: -

Gluco-pyronoside, tetra hydroxycetoxy, terpeniols, sterol, xanthones, coumarin, flavonoid, essential oils, glucose, gallic acid, amino acids, copper, potassium, sodium, iron, lawsone, hepato protective activity, ethanol, methanol, petroleum & etc.

#### Contraindications: -

Do not use in G6PD deficiency patients.

# Science & Hadees regarding Mehndi (Heena): -

## In Hadees it said is to apply Heena on hairs & on lesions & also for leg <u>pain: -</u>

It has been clinically proven that applying Heena on lesion like fungal infections, burns, ulcers, cancerous lesions, apthous ulcers, blisters, pricks, nail infections, all types of leg wounds & ulcers. It is very beneficial & complete healing has been found on regular uses of it. It has soothing effect on pain region & thus reduces inflammation.

#### Heena for cancers: -

Lawsonia inermis popularly known as Mehndi or Henna is a cosmetically renowned plant of the oriental region possesses diverse pharmacological activity including anti-carcinogenic, antimicrobial, anti-inflammatory, antipyretic, hepatoprotective, anti-tuberculostatic. In search of new anticancer drugs from natural sources many researchers have reported anticancer & chemo preventive properties of Henna extracts/compounds in their pre-clinical studies. Lawsone, one of the major constituent of henna, is used as a starting material in the synthesis of a variety of clinically valuable anticancer drugs such as atovaquone, lapachol & dichloroallyl lawsone. It also contains other chemicals such as isoplumbagin, apigenin, apigenin glycosides, luteolin, luteolin-7 glucoside, p-coumarin & lupeol among which many are reported for their cytotoxicity & chemo preventive activity against different type of cancer cell. Future investigation on novel molecules from Mehndi/Henna may offer great hope for discovering new cancer chemotherapeutic and/or chemo preventive agents from this miraculous plant.

### Heena for hairs: -

Many researches reveal that Henna is a good source for people who wanted to get rid of their gray hair & for people who are allergic to chemical creams. Henna can make your hair strong & nourish it from roots for a silky & shiny hair. It

repairs the damaged hair strands & restores the acid-alkaline balance of the scalp. It is an amazing conditioner for hair that protects the hair strands by building a protective layer & locking the nutrients & moisture. It is the best & safest way to color your hair that has no ammonia, chemicals & toxins. Henna can be used to treat dandruff & scalp infections effectively.

## Some tips to prepare Henna packs of your own: -

### Henna, Amla, Shikakai & Brungraj Pack

Benefits of henna for hair are well known, but all the rest of the ingredients used in this pack are also extremely beneficial for hair growth & healthy hair & are widely used in Ayurveda for treating hair & scalp problems.

#### Ingredients: -

Henna powder-2 cups, Amla powder-1/2 cup, Shikakai powder-2spoons, Egg white-1, Lemon juice-2spoons, Tulsi powder-1spoon & Brungraj powder-1spoons

#### Procedure: -

Mixed together all the above at night with tea or coffee decoction & apply this mixture next day morning completely to your hair & rinse after 45 minutes to 1 hour. Cover your hair with some plastic cap. So that it keeps your hair moist so that color will absorb quickly.

#### Henna, Coffee & Beetroot Pack

This is one of the best henna pack for hair & a side-effect free grey hair solution that contains the proteins & vitamins of eggs & lemons & provides a natural burgundy color to the hair that looks exactly like salon colouring.

#### Ingredients: -

Henna - 2 Cups, Tea Liquor for mixing, Lemon Juice or 1 Whole Lemon, Egg White - 1 (Optional), Coffee Powder - 2tbsp & Beet Root Juice - 1 cup.

#### Procedure: -

The most important thing to have gorgeous hair with henna is to select the right quality henna from a good brand. Now, pour the henna in an iron bowl & start pouring the tea liquor & mix continually, so there are no lumps. Next, add the coffee powder. It is preferable to use iron vessel because it allows the henna to oxidize & provide a rich & deep tint. Soak the mixture overnight. The following day before applying the henna, add the egg white, lemon juice & beetroot juice. Mix well & apply the henna on hair evenly. Keep the pack for 2 to 3 hours, Wash away the henna with plain water & then wash hair with a mild shampoo.

#### Henna Hair Growth Oil: -

Henna can be used to make your own essential oil, to get rid of hair fall, white hair & pollution. This oil also promotes hair growth naturally.

#### Ingredients: -

Henna powder-5 cups & Gingili oil - 1/4kg

#### Procedure: -

Boil gingili oil until it gets heated & add the henna powder to boil for more 5 to 6 minutes. Wait until the mixture cools down completely & store this mixture in a bottle for future treatment. Make sure to apply this oil every 2-3 times in a week for 2 months.

#### Henna, Mustard Oil & Fenugreek Pack

This is one of the most effective healthy hair remedies that contain the goodness of fenugreek & mustard oil, both of which are well known for their benefits for promoting healthy hair growth. It is one of the most nourishing natural masks for dry hair. Fenugreek is a rich source of protein that supplies essential nutrients to the hair follicles, whereas mustard oil encourages blood circulation in the scalp.

#### Ingredients: -

Henna – 2 cups, Fenugreek seeds – 1/2 cup & Mustard oil – 2 tsp

#### Procedure: -

Soak the henna powder & fenugreek seeds separately in water overnight & in the morning grind the fenugreek seeds to form a past. Add the fenugreek paste & mustard oil to the henna powder mix thoroughly & apply the pack on scalp & hair. Keep the pack on for 2 hours; wash off with water & following up with a mild shampoo.

#### Hair Conditioner Pack with Henna

Henna is a well-known natural hair conditioner that smoothes the rough hair cuticles close them & provide a healthy shine & luster to hair strands. It also keeps the hair straight & prevents tangling. Natural henna for hair helps in making frizzy hair manageable.

#### Procedure: -

Soak the henna powder water overnight in iron vessel to form a past mix thoroughly & apply the pack on scalp & hair in morning & Keep the pack on for 2 hours; wash off with water & following up with a mild shampoo.

#### Henna, Amla & Hibiscus Pack

To make hair smooth & silky: All the ingredients used in this pack are time tested remedies that have been used for ages to treat hair problems & providing healthy hair.

#### Ingredients: -

Henna powder - 2 cups, Amla powder - 1 cup, Hibiscus flower powder - 2 tbsp, Methi powder – 2 tbsp, Orange peel powder – 1 tbsp

#### Procedure: -

Mix all these ingredients with a sufficient amount of curd before 1-2 hours of applying it to hair. Wash & rinse the hair after 1 hour & make sure to cover your hair with plastic cap.

### Henna, Green Tea & Lemon Pack

Green tea is famous for its numerous health benefits, but it is also an effective conditioner for hair that also prevents hair fall by preventing the growth of DHT that causes hair fall. It softens the hair strands & enhances hair elasticity to prevent breakage. Lemon is yet another useful hair conditioner that provides a soft & silky texture to the hair. The combination of henna, green tea & lemon makes it one of the best oily hair home remedies

# Ingredients: -

Henna – 2 cups, freshly brewed green tea – 2 cups, Lemon juice – 2 tbsp, Yogurt – 2 tbsp

#### Procedure: -

Soak henna powder in the brewed tea liquor overnight in an iron bowl. The next morning, add lemon juice & beaten yogurt to it mix well & apply the pack thoroughly on hair. Leave it on for 3 hours & then wash away the pack with water & wash your hair with a mild shampoo.

# Dandruff Treatment with Henna: -

Dandruff & itchy of scalp are two common scalp problems that are faced by almost all of us. While dandruff is caused by excessive dryness of the scalp, itching can be a result of fungal infections. There are many best ways to fight Dandruff with Henna & here we have discussed the two best procedures.

#### Procedure: -

Soak the henna powder water overnight in iron vessel to form a past mix thoroughly & apply the pack on scalp & hair in morning & Keep the pack on for 2 hours; wash off with water & following up with a mild shampoo.

### Henna, Fenugreek & Curd Pack

This natural hair pack is one of the powerful natural remedies for dandruff & itchiness of scalp. The acidic nature of lemon & curd fights the fungus growth in the scalp & also moisturizes the scalp to prevent drvness.

### Ingredients: -

Fenugreek seeds (methi seeds) – 1 cup, Curd – 2 cups, Mehandi powder – 1 cup & Lemon - 1

#### Procedure: -

Soak fenugreek seeds in curd overnight & grind it in mixer & mix 1 cup of henna powder & add lemon juice & apply to your scalp properly. Rinse your hair after 45 minutes. Apply this pack weekly once. You can observe the reduction of dandruff slowly. Just wash your hair with cold plain water, don't shampoo your hair. Apply shampoo next day. Try to use mild, soft shampoos.

# Henna, Olive Oil & Egg White Pack

The best healthy hair tips are incomplete without the inclusion of olive oil into it. Dandruff is usually caused by excessive dryness of scalp & olive oil helps in moisturizing & nourishing the scalp in a gentle way. This is one of the effective natural remedies for psoriasis of the scalp. Egg white is a great source of high-quality protein that is essential for healthy hair.

# Ingredients: -

Henna Powder - 2 cups, Olive Oil - 2 tbsp, Egg White - 1 & Water for mixing

# Procedure: -

Soak henna powder in water in an iron vessel overnight. The next morning add some olive oil & egg white to it; mix well & form a smooth

paste. Apply the pack on scalp & hair evenly & leave it for 2 hours. Rinse with water & follow it up with a mild shampoo.

#### Hair Fall Pack with Henna

There are several major causes of hair fall in the day to day life. It can be caused by lack of nutrients in the daily diet, hormonal changes, pollution or overuse of hair styling products. But henna can help in preventing hair fall in an effective & natural way.

#### Procedure: -

Soak the henna powder water overnight in iron vessel to form a paste mix thoroughly & apply the pack on scalp & hair in morning & Keep the pack on for 2 hours; wash off with water & following up with a mild shampoo.

### Henna, Amla Powder & Fenugreek Pack

Both amla & fenugreek (methi) are widely used in Ayurveda & natural remedies for treating hair fall problems. Fenugreek is loaded with proteins that nourish the hair follicles & prevent hair fall.

### Ingredients: -

Amla powder 1 cup, Mehndi powder (henna) – 3 spoons, Fenugreek (Methi) powder - 2 spoons, Egg white - 1 & Lemon - 1

#### Procedure: -

Mix all these ingredients 1 hour before applying to your hair. Rinse your hair after 45 minutes. Apply this pack weekly once. Within 6 weeks, you can see a great change in your hair fall problem.

# Henna, Coriander & Black Pepper Pack

Although henna for hair benefits are well known, but the uses of coriander & black pepper for preventing hair fall is rarely known. In reality, both coriander leaves & freshly ground black pepper powder are good cures for averting hair fall.

#### Ingredients: -

Henna – 2 cups, Coriander leaves – a handful & Black Pepper Corn – 1 tsp

### Procedure: -

Soak henna in water overnight. Crush the coriander leaves to form a thick paste & grind the peppercorns. Add both the ingredients to the henna mix thoroughly & apply on the hair roots & hair strands evenly. Wait for 1 or 2 hours, wash the henna off with water & then use a mild shampoo.

### General Tips: -

Here are a few general tips that will help you to use henna is a more effective way & derive the best results.

- You can use henna even after hair is damaged with chemical creams, but you need to wait 45 to 60 days to apply henna because it won't stick or give a better result on colored hair.
- Henna prevents you from brittle hair, split ends & hair fall.
- Avoid henna usage if you have severe scalp infections & extra dry hair.
- It is important to select henna from a good brand.
- Good quality henna with has olive green color & sweet smell.
- It is best to avoid henna that is light green or gray in color.
- You can buy superior quality henna from a Rajasthani dealer or buy it from an authentic ayurvedic shop.
- It is best to soak henna in an iron vessel that helps in oxidizing the henna.
- If you want to apply oil to your hair, then you can apply it about 1 hour before applying henna.
- If you think Henna doesn't suit your hair type, then it's better to maintain a natural diet for healthy hair.

These are the benefits of using henna for a healthy hair. Combine the henna treatment with a healthy & balanced diet & also opt for juicing for healthy hair.

#### **Conclusion of Hadees:**

Dye your hairs with heena or katam or both, be different from Jews & Christians, heena & katam are best. Apply heena on wounds & lesions, also it increases libido, brightens the face

# Lesson no 28 Barley (Jaw) (الشعير): -





#### **Names**

- 1. In Hadees, Persian & Arabic it is called as Sh'aeer (الشعير).
- 2. In English it is called as Barley.
- 3. In Urdu & Hindi it is called as Jaw.
- 4. In Sanskrit it is called as Bawa.
- 5. In Latin it is called as Hordeum vulgare.
- 6. Sattu in Hadees & Arabic is called as Saweeq. (Sattu is roasted flour of barley the details are given further in this lesson).

It is a member of grass family & cereal grain. It is a self pollinated, diploid species with 14 chromosomes.

# Prophet ﷺ's guidance about jaw (barley) : -: (الشعير)

# Nabi ﷺ used jaw (الشعير) (barley) as:

- chapatti (roti),
- Daliya (gravy),
- Sattu (Saweeq),
- Talbinah (التلبينه).

### Barley (Jaw) & (Tamar) dates: -

1. Hazrat Yusuf Bin Abdullah Bin Salam الله saw Nabi الله having a piece barley bread (خُنْرُ شَعِيرٍ) & kept Tamar (date) on it & said that the dates (تر) are equivalent to its gravy (condiment).

[Abu Dawud: 3830; Book 28; English Book 27; Hadees. 3821]

# Barley breads (خُبُزُ شَعِيرِ): -

2. Narrated by Ibn Abbas رضى الله عنهيا that Nabi ﷺ used to spend many nights in a row hungry & His family could find no supper & usually their bread was barley bread."

[Ibn Ma-jah: 3472; Book. 29; English vol. 4; Book. 29, Hadees. 3347]

### After Friday Salah, a special dish: -

3. Hazrat Sahal Bin Saad الله says that, we used to be happy on Fridays, for there was an old lady who used to pull out the roots of beetroot (Silq) & put it in a cooking pot with some barley (شَعِيرُ). When we use to finish the (Friday) prayer, we would visit her & she would present that dish before us. So we used to be happy on Fridays because of that & we never used to take our meals or have a mid-day nap except after the Friday prayer. By Allah, that meal contained no fat.

[Bukhari: 5403; Book. 70; English vol. 7; Book. 65; Hadees. 315]

# Barley (Jaw) broth & its merits: -

4. Hazrat A'isha رضى الله عنها says that, when ever anybody use to fell ill, in Rasoolullah ﷺ says that, when ever anybody use to fell ill, in Rasoolullah ﷺ use to advice to eat Barley broth (الشعير فضع) (Harisa or Daliya) & use to say it removes the sorry/grief from the heart of the patient & removes weakness, as anyone washes the face with water & water clears the dirt present on face.

[Tirmizi: 2173; Book. 28; English vol. 4 Book. 2, Hadees. 2039]

5. Hazrat A'isha رضى الله عنها says that Nabi ﷺ said: "You should eat the beneficial thing that is unpleasant to eat: Talbinah, (التُّلْبِينَة) meaning broth. If any family member of Nabi ﷺ fall sick, the cooking pot would

remain on the fire until one of two things happened, either the person recovered or died.

[Ibn Ma-jah: 3572; Book. 31; English vol. 4; Book. 31, Hadees. 3446]

By the above, the scholars say that we come to know that the dish should be freshly prepared every time & given to the patient, again & again in luke warm condition.

#### Talbinah & its merits: -

6. Narrated Hisham's father that Hazrat A'isha رضي الله عنها use to advice Talbinah (التلبينه) for patient mostly & use to say if the patient dislikes it, then also give him because it is very beneficial (النافع).

[Bukhari: 5690; Book. 76; English vol. 7; Book. 71; Hadees. 594]

7. Hazrat A'isha رضىالله عنها says that whenever in our family anyone passed away (die), people use to come to meet specially ladies. When all the people use to go away, expect close family members than Hazrat A'isha رضى الله عنها use to ask to cook Talbinah (التلبينه), than ask to cook in (التلبينه) than she رضى الله عنها use to ask to put Talbinah (ثريد) Sareed (ثرین) vessel & ask to eat & she use to say that she heard Nabi & (البريض) brings comfort to the sick (التلبينه) & lessens grief.

[Muslim: 2216; Book. 39; English Book. 26; Hadees. 5491]

#### A guest: -

8. Hazrat Abu Barda 🐗 says that when I reached Madinah, I met Hazrat Abdullah Bin Salam 💩 & he invited me as a guest & said to Hazrat Barda 🎄 that I will give you meal in the vessel from which Nabi & drank & also guide you to offer Salah (Namaz) in the masjid in which Nabi & offered Salah (Namaz). I accompanied him & he made me drink Sawiq (jaw sattu) (roasted barley flour) & gave me dates, & then I prayed in Nabi &'s masjid.

[Bukhari 7342; Book 96; English vol. 9; Book. 92; Hadees. 441]

#### Beer disallowed: -

9. Narrated by Abi Burda that Abu Musa Al-Ashari & was send to Yemen by Nabi &, & he asked about certain (alcoholic) drinks, which were prepared there, about Al-Bit & Al-Mizr & said, "Al-Bit is an alcoholic drink made from honey; & Al-Mizr is an alcoholic drink made from barley." To his Nabi & answered that "All intoxicants are prohibited."

[Bukhari: 4343; Book. 64; English vol. 5; Book. 59; Hadees. 631]

#### A Feast: -

ask رضىالله عنها ask با 10. Hazrat Anas 🐗 says that once my mother Umme Sulem me to give a basket of dates to Rasoolullah 88. Hazrat Anas 48 went to Rasoolullah &'s home, but he came to know that Rasoolullah & has gone to a feast at his ex-slave to whom Nabi & had freed in past. (Actually Nabi & had freed this slave; the slave became a good tailor & earned good money for himself. Now he had invited Nabi & for a feast along with some companions of Nabi &). When Hazrat Anas & reach the slave's place, everybody was eating, Hazrat Anas 🕸 was asked to join the feast & he did. They were served with Sareed (ثریں) made from long pumpkin (kara'a), dried meat & barley chapatti (bread). Hazrat Anas & knew that pumpkin was favourite to Rasoolullah & & he use to collect pieces of pumpkin in front of Rasoolullah 🍇. Than after the feast, Hazrat Anas 🞄 & Rasoolullah 🎄 went to Rasoolullah &'s home & Hazrat Anas & gave the basket of dates. Rasoolullah & was eating the dates & distributing the dates among people, till the dates finished.

[Bukhari: 5379 & 5420; Book. 70; English vol. 7; Book. 65; Hadees. 291 & 331] And [Ibn Ma-jah: 3428; Book. 29; English vol. 4; Book. 29, Hadees. 3303] (& also from other reference all are mixed & written, please note).

# A Formulation for sick person liked by Nabi 🕸: -

11. Hazrat Saad Bin Abi Waqqas & fell ill in Makkah, Nabi & visited him & asked to call a doctor, Al Haris Bin Kuladah was called, he came & examined & said he is not serious & advised to take dates (khajur), barley (jaw) & boiled fenugreek seed (methi) water & prepare soup like gravy (daliya) than put honey on it & give to Hazrat Saad & at

early morning, luke warm. & Hazrat Saad & got well; Nabi & liked the preparation advised by Al Haris Bin Kuladah.

[At-tibbe Nabawi Harful Haa volume no. 1; page no. 230]

### Guidance to use dates, barley (jaw) & etc during & after illness: -

12. Hazrat Umme Munzir رخىالله عنه says that, Rasoolullah & & Hazrat Ali both came home, she had Dawaal (حوال) (bunches of dates), she served Dawaal (حوال) to both, both started to eat the dates, but when Hazrat Ali had eaten 7 dates (approximately) he was stopped by Rasoolullah from eating more, & He said to Hazrat Ali that you were ill last days & now you are weak, so do not eat more, Hearing to his Hazrat Umme Munzir رحى الله عنه prepared Sareed( عنه) (thin gravy) of meat, beet root & chapatti (خير) from barley flour (Jaw) & served to both, on this Rasoolullah said to Hazrat Ali aeat this dish, this is beneficial for you.

[Tirmizi: 2170; Book. 28; English vol. 4, Book. 2, Hadees. 2036]

### Hasis (Hais) a sweet dish: -

13.Narrated by Hazrat Anas Bin Malik الله that Nabi الله عنه married Hazrat Safiya رضى الله عنها & called people for a feast (as dawat e valima) & served people with Hais, (Hasis) on a piece of leather (dastarkhwaan).

[Bukhari: 5387; Book. 70; English vol. 7; Book. 65; Hadees. 299]

Hais (Hasis) is a sweet dish (halwa) prepared from Tamar (قر) dates, milk, jaw (barley), ghee, paneer etc. Hais (Hasis) was liked by Nabi ه very much. And dawat e valima is a feast given by groom (dulha) to his relatives & friends after Nikah. It is Sunnah.

# Nabi 🎄 liked Sareed most among all food dishes: -

14. Narrated by Abu Musa الله said that the superiority of A'isha رضى الله عنها over other women is like the superiority of Sareed over other dishes.

[Tirmizi: 1834; Book. 25; English vol. 3; Book. 23, Hadees. 1834]

### Talbinah for anorexia (lack of appetite): -

15. Hazrat A'isha رضى الله عنها says that whenever anyone complaint about anorexia (less hunger) to Nabi . Nabi . Nabi use to advice to eat Talbinah (التلبينه), & use to say that by "Allah, (kasam) who has my life in his right" & further said that Talbinah (التلبينه) will clear your guts (stomach, intestines & etc) from unwanted elements, like you wash your face with water & water cleans the dirt from the face.

[An-Nasa'i: 7576 according to المكتبة الشاملة (Al-Maktab Al-Shamilah)]

# Method of preparing Talbinah:

- 1. Take 2 to 3 teaspoon of roasted barley flour (sattu).
- 2. Add it in 1 glass milk & mix vigorously in mixer or manually.
- 3. Than boil the mixture properly on a low flame for 10 to 15 minutes till the mixture gets thick & fumes of barley & milk comes.
- 4. Than let it cool a little & add 3 to 5 teaspoon of honey in it.
- 5. Then use it in Luke warm condition, again & again.
- 6. Give Talbinah to ill patient, old, pregnant & etc.
- 7. Always prepare fresh & serve.

# How to prepare barley sattu:

- 1. Take some barley (jaw) grain with husk.
- 2. Take a pan & put some pure ghee in it & heat the ghee little.
- 3. Then put the barley grains in the pan & roast them a little.
- 4. Then keep them for self cooling.
- 5. Then grind them into flour.
- 6. Also you can roast the flour.
- 7. & store (This is barley sattu).

## How to make Sareed: -

Take some meat of goat or lamb; cut the meat into small pieces than boil it, as we do while preparing soups. Smash the boiled meat into small fibers (especially of lamb or goat). Add required amount of water & put the smashed meat in it along with the soup obtained while boiling the meat & prepare soup in routine way. When the soup is ready put small pieces of barley chapatti or barley bread in it & cover the vessel with a plate for 5 minutes. Than serve it.

#### Contents of barley: -

Proteins, sodium, potassium, calcium, magnesium, iron, copper, vitamin B1, B2, B6, B12, vitamin C, K, A, zinc, selenium, dietary fibers, monounsaturated fats, polyunsaturated fats, saturated fat & etc.

### Scientific benefits of jaw (barley): -

- 1. Barley reduces cholesterol.
- 2. Beneficial in kidney stones & gall stones.
- 3. It is nourishing.
- 4. Rich in fibers thus removes constipation & makes us free from taking medicines for constipation.
- 5. Reduces blood pressure.
- 6. It counteracts toxins which causes intestinal cancers.
- 7. Helps in controlling blood sugar & reduces blood glucose.
- 8. Reduces fats of the body.
- 9. Helps in reducing obesity.
- 10. Beneficial in anaemia.
- 11. It helps digestion.
- 12. Removes toxins.
- 13. It improves immunity.
- 14. It prevents osteoporosis & atherosclerosis.
- 15. It is a good antidote in poisoning.
- 16. Maintains skin elasticity, increases skin tone.
- 17. Promotes hair growth, restores hair colour.
- 18. Reduces hair fall.
- 19. Heals wounds.
- 20. It reduces inflammation.

### 21. It is an anti ageing.

# Science & Hadees regarding Barley: -

*In Hadees it is mentioned that it cleans the digestive system, soothes* the Oalb (heart) & etc: -

Scientists have found the following items during the chemical synthesis of barley: - albuminoids, starch, fat, fiber, ash & water. Chemical composition shows that it contains the fat in the form of Leucosine Gluten Albumen, the compound of nitrogen as palmatic Acid, Salisylic Acid & phosphoric Acid. Besides, it contains Hypoxanthens also. It contains 4 % Proteins, the enzymes for digestion of carbohydrates & vitamins. Some scientists also indicate the presence of Arsenic in the barley grain.

### Mechanism of action according to pharmacology: -

Gastrointestinal effects: Germinated Barley Foodstuff (GBF) is derived from the aleurone & scutellum fractions of germinated barley. GBF appears to induce proliferation of intestinal epithelial cells & facilitate defecation through bacterial production of short chain fatty acids, especially butyrate, GBF is believed to facilitate epithelial repair & suppress epithelial NFkB-DNA binding activity through butyrate (by the micro flora bifid bacterium & eubacterium). GBF has been associated with increased growth of these micro floras in the intestinal tract & varying amounts of total tocopherols & tocotrienols (49.9-67.6mg/kg) & vitamin E content (vitamin E equivalent; 15.7-20.1mg/kg). Barley products composed of different amylose-amylopectin ratios (7-44% amylose) have been reported to lower metabolic responses

Anti-carcinogenic effects: Lunasin, a novel, cancer-preventive peptide found in barley, internalizes into mammalian cells within minutes of exogenous application & localizes in the nucleus after 18 hours. It inhibits acetylation of core histones in mammalian cells. Lunasin does not affect the growth rate of normal & established cancer cells, but is selective for cells being transformed or newly transformed by binding to deacetylated core histones exposed by the transformation event, disrupting the dynamics of histone acetylationdeacetylation & leading to cell death.

# Barley as an Antihypertensive: -

Barley has predominantly insoluble fiber & soluble fiber in its whole-grain, it is a diet helpful for blood pressure & it lowers cholesterol. Two barley products, barley oil & brewer's spent grains (BSG), neither of which contains soluble fiber, have been investigated for their potential positive impact on lipid metabolism. Brewer's spent grains (BSG) is a by-product of the brewing industry & typically contains 98% insoluble dietary fiber & is high in protein (20-30%) & lipid (6-10%) & contains three times more tocotrienols than the whole grain. The combined animal & human studies on barley oil & brewer's spent grains suggest that some components, possibly the tocotrienols which are an antioxidant, have the ability to affect lipid controlling enzymes & lower the cholesterol. Plasma lipid-lowering effects of barley have been attributed to rich amounts of betaglucan, a water-soluble fiber. The beta-glucan component of barley has slow gastric emptying time, prolong the feeling of fullness & stabilize blood sugars. Other contributory factors may be d-alpha-tocotrienol. In chicks, high protein barley flour (HPBF)-based diets increase body weight (18%), suppress HMG-CoA reductase (-36%), impair fatty acid synthetase (-40%) & decrease serum triglyceride (-9%) & cholesterol levels (-23%).

### Glycemic/insulinemic effects: -

Barley contains more fermentable carbohydrate than other cereals such as rice. Fermentation of undigested carbohydrate produces short chain fatty acids, some which may reduce hepatic glucose production & affect postprandial glycemia. Because of viscous properties of beta-glucans, boiled flours appear to produce higher glucose & insulin responses when compared with milled kernels. According to a controlled study in 18 lean, healthy men ingesting barley betaglucan given with high carbohydrate food & high carbohydrate drinks, betaglucan significantly decreased glycemic & insulinemic responses on the food (p<0.05) but not on the drink (p>0.05) treatments, compared to controls. In another study comparing crackers & cookies made of whole wheat or barley, the barley crackers & cookies had glycemic indices of 49 & 34, respectively, whereas whole wheat crackers & cookies had 78 & 81, respectively.

# **Conclusion: -**

Barley bread (chapatti) & its flour was the mostly eaten food of Nabi & & His Family. Barley broth (daliya), Talbinah, barley flour water (jaw Sattu sharbat), its flour is best for health. It strengthens & soothes the heart, cleans digestive sytem. removes weakness & etc. Prescribe to your patients to eat it again & again even if the patient dislikes it. Everyone can use it; fast can be opened by its Sattu water (barley flour water).

.....This lesson has 15 Hadees......

# Lesson no. 29 Gum Tree (Seyyal) (babul): -









# **Names**

- 1. Its Arabic name is seyyal.
- 2. Hindi name is Babul.
- 3. It is famous for its gum.
- 4. Latin name is Acecia seyal and Acacia nilotica.
- 5. There are many types of it, some have thrones and are throne less.
- 6. In English it is called as Gum tree or Babul tree.

# Prophet ﷺ's guidance about seyyal: -

### Prophet 👺 took an oath under it: -

1. This is a plant, under which Nabi & took an oath, with his companions & (this is mentioned is Quran chapter No. 24. as "BAIT AL RIZWAN").

### Content of it: -

It is rich in tannins, little crude protein, crude fibers, lignin, calcium, phosphorus, potassium, sodium, magnesium, manganese, zinc, copper, nitrogen & etc.

# Scientific benefits of babul (seyval): -

- 1. It is good in sexually transmitted diseases.
- 2. Helpful in cough, typhoid fever.
- 3. Maintains general health.
- 4. Good for post delivery (After delivery).
- 5. Increases sex.
- 6. Use in toothpaste or brushing teeth as miswaak.

# Lesson no. 30 Chicory (Kasni) (Hindb'a) (الهنداباء): -







### **Names**

- 1. In Hadees it is called as Hindba (الهندباء).
- 2. In Arabic it is called as Hindba, Bazrullah.
- 3. In Hindi &Urdu it is called as Kasni.
- 4. In English it is called as Chicory, Blue daisy, Blue Sailors.
- 5. In Latin it is called as Cichorium intybus.

# Prophet ﷺ's guidance about Kasni (الهندياء): -

Hindba (Kasni) & Jannah water drops: -

1. Hazrat Abdullah Bin Abbas رض الله عنها says that Rasoolullah ﷺ said, "For you Hindba (الهندباء) (Kasni) (Chicory) is present, because no part of day passes without showering the drops of Jannah (الجنة) water on it.

[Abu Nu-aim: vol. no. 3; page no 435]

2. It is mentioned in Abu Nuaim that Eat Hindba (الهنى باء) (Kasni) (Chicory) without shaking it because no part of the day is passed without showering the Jannah (الجنة) water drops on it.

[Abu Nu-aim: 3659]

Mohammed Bin Abu Bakr Al Qayyim quoted 3 Hadees in relation to Hindba (الهندباء) (Kasni).

3. Eat Hindba (الهندياء) (Kasni) (Chicory) & do not shake its leaves because no day is passed without showering on it the water drops of Jannah (الجنة).

[At-tibbe-Nabawi; vol. no. 1; page no. 314]

4. One who eats Hindba (الهندباء) (Kasni) (Chicory) & goes to sleep, poison & evil spirit (سحر) (Jadoo etc) will not affect him.

[Abu Nu-aim; vol. no. 2; page no. 5]

5. None of the leaves of Hindba (الهندياء) (Kasni) (Chicory) is there which is not showered by Jannah (الجنة) Water drops.

[At-tibbe-Nabawi; vol. no. 1; page no. 314]

#### Content of it: -

Calcium, iron, magnesia, phosphorus, sodium, potassium, zinc, sugar, dietary fibers, protein, vitamin A,C,E,B1,B2,B3,B5.B6,B7 Etc.

#### Its oil content: -

Cichoria (a glycoside), potassium, sodium, calcium, phosphorus, aluminum, chloride, carbonate, silicon, palmatic, oletic, satearic, linoleic acid & etc.

# Scientific benefits:

- 1. The extract of Kasni (Chicory) leaves can be applied on scorpion bite.
- 2. It relieves pain & inflammation.
- 3. Its water extract can be dropped in eyes for cataract.
- 4. It normalizes fever.
- 5. Reliefs urinary problems, improves digestion.
- 6. Removes obstruction of liver, gall bladder & helps in Jaundice.
- 7. Best if used with dates or olive oil or tukham e kasoos or saunf.
- 8. Removes constipation, relieves mouth bleeding, kidney inflammation, kidney stones.
- 9. It is best in all types of cough, diarrhea & dysentery.
- 10. Gargle can be done with Kasni (Chicory) water in sore throat, mouth ulcers & etc.
- 11. Best in fever & cold.

# Science & Hadees regarding Kasni: -

In Hadees it is mentioned that its plant is showered with Jannah water: -

This needs a research on it.

#### Digestive System: -

- i. Cichorium intybus (Chicory) leaf extract holds hepatoprotective (liver protective) activity against acetaminophen induced liver damage.
- ii. The red part of the leaf of Treviso red chicory with a high content of antioxidant anthocyanins could be interesting for development of new food supplements to improve intestinal health.

## Endocrinal System: -

- i. Natural chicoric acid extract (NCRAE) presents an anti hyperglycemic effect essentially due to a peripheral effect on muscle glucose uptake.
- ii. Chicory appeared to have short-term (about 2 hours, as far as GTT is concerned) & long-term (28 days, in this study) effects on diabetes. Chicory may be useful as a natural dietary supplement for slowing down the pace of diabetes progress & delaying the development of its complications.
- iii. The activities possessed by C. intybus are highly desirable for the treatment of NIDDM because it reduces blood glucose levels without inducing adipogenesis in 3T3-L1 adipocytes.

### Cardiovascular System: -

i. The water extract of Cichorium intybus has been observed to exhibit a remarkable anti oxidative effect on LDL & inhibitory effects on the production of thiobarbituric acid reactive substance & the Degradation of fatty acids in LDL.

#### Others: -

Exhibits antibacterial & antifungal activities.

# Conclusion of Hadees: -

1. Jannah water is showered over its plant daily, so use it without shaking (when used fresh). It prevents evil spirits, poisoning & etc.

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# Lesson no. 31 Thymes (Sau'atar) (Saatar) (صعتر): -







#### Names

- 1. In Hadees it is called as Sau'atar (صعتر).
- 2. Common name is Saatar Farsi.
- 3. In Latin it is called as Thymus serphyllum.
- 4. In English it is called as Creeping Thyme. (It is called by many names).
- 5. But many Indian scholars say it is Zataria multiflora (Latin name).
- 6. In Arabic it is called as Za'atar.
- 7. It is among the Thymes genus plants.

#### Introduction: -

It is an herb mostly found in Arab, Iran, Afghanistan etc. There are many types of thymes plants (family) they are called as Za'atar (thyme) in Persian & Arabic. It is common among Arabs to eat Thymes blended with sesame oil & heavy salts (usually Fatair pasty) & olive oil.

Prophet ﷺ's guidance about sau'atar (صعتر): ا

About fumigating the homes: -

1. Nabi & said: "Fumigate (dhooni) your homes with Creeping Thyme (Sau'atar) (صعتر) & Loban (اللبان).

[Zaadul Ma'aad page no. 387]

### Loban (اللبان) is Styrax benzoin. (Please refer Lesson no. 45 Loban).

2. Hazrat Abdullah Bin Abbas رضىالله عنهيا says that Nabi 🕮 said: "Fumigate your houses with Al-Sheeh (الشيح) & Creeping Thyme (Sau'atar) (الصعتر).

[Baihagi: 5678]

### Al-Sheeh is dried leaves of cress. (Please refer Lesson no. 21 Cress).

### Content of it: -

Calcium, magnesium, potassium, phosphorus, sodium, iron, zinc, copper, magnesium, selenium, Vitamin E, A,C, D, B1, B2, B3, B6, B7, B12, choline, betaine, protein.

### Scientific benefits of it: -

- 1. It is useful in treating bedwetting, diarrhoea, stomach ache, arthritis, colic pain, sore throat, cough, whooping cough, bronchitis, flatulence.
- 2. Increases urine output.
- 3. Helpful in fungal & bacterial infections.
- 4. It can be applied directly on throat for hoarseness of voice, laryngitis, tonsillitis, bad breath.
- 5. Its decoction can be used for mouth gargle.
- 6. Reliefs muscles spasm.
- 7. Its oil is very useful

# Science & Hadees regarding Saatar: -

# In Hadees it is mentioned to fumigate the houses with it: -

Its oil is rich in thymol, carcacrol & etc, which are best in fumigation against bean, insects & bacterias. Its plant was burned as a fumigator in sick rooms and hospital wards. It was used as incense for many types of religious ceremonies as well.

### Pharmacological aspects: -

Thyme contains a number of anti-inflammatory compounds, including luteolin and rosmarinic acid, which may provide health benefits for people with certain anti-inflammatory conditions such as rheumatoid arthritis, asthma and inflammatory acne. Luteolin has been shown to exert strong inhibitory effects against TBK1, an enzyme that has been linked to inflammatory diseases. The rosmarinic acid in thyme, in turn, is thought to exert anti-inflammatory activity by inhibiting lipoxygenase and cyclooxygenase, two enzymes that have been associated with inflammatory responses. Thyme contains several phytochemicals (such as ursolic acid, rosmarinic acid and luteolin) that have been linked to anti-cancer activity in laboratory studies. It has strong inhibitory activity against Helicobacter pylori.

# Conclusion of Hadees: -

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.....This lesson has 2 Hadees.....

# Lesson no. 32 Memecylon (Warss) (ورس): -



### Names of Kamaala

- 1. In Hadees & Arabic it is called as Warss (ورس).
- 2. In English it is called as Kamala.
- 3. In Hindi it is called as Kamaala.
- 4. In Sanskrit it is called as Kampillak.
- 5. In Marathi it is called as kesari.
- 6. In Latin it is called as Mallotus philippnensis.

### **Names of Karkam**

- 1. In Hadees it is called as Warss (ورس).
- 2. In Persian it is called as Karkam.
- 3. In Latin it is called as Memecylon tinctorium.
- 4. In English it is called as Memecylon.
- 5. In Marathi it is called as Graham.

### Introduction: -

Warss (ورس) in Arabic it is considered as two things: (1) Kamaala, (2) Karkam in India. Warss is a yellow dye from a perennial plant cultivated in Yemen, identified usually as Memecylon tinctorium, Melastomaceae or

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sometimes Flemmingia rhodocarpus BAK, Leguminosae. According to Abū Hanīfa Al-Dīnawarī's chapter on dyestuffs (165-7), it is found only in Yemen and there only, is cultivated. From various sources, he describes the best warss as badira, from a young plant, the other type called habashī because of some blackness in it; however, the habashī gives pure yellow colour, while bādira can contain some redness in it.

# Prophet ﷺ's guidance about Memecylon (ورس): -

### Costus, Olive oil & Memecylon for pleurisy (Zaatul Janb): -

1. Hazrat Zaid Bin Argam 🐞 says that Rasoolullah 🐉 advised, as a treatment for pleurisy (ذات الجنب), Memecylon (ورس), Costus (قسط), & Olive oil (زيت) & take at one side of mouth (پُلَتُّ).

[Ibn Ma-jah: 3596; Book. 31; English vol. 4; Book. 31, Hadees. 3467]

2. Qatadah narrated from Abu Abdullah that Zaid Bin Argam 🐗 said that Nabi 🥮 would acclaim Olive oil (الزَّيْت) and Memecylon (الْوَرْسَ) for (the treatment of) pleurisy." Qatadah said: "And it is put in the mouth on the side which he is suffering ".

[Tirmizi: 2222; Book. 28, English vol. 4; Book. 2; Hadees. 2078] Indian Costus & Memecylon for throat infection (Azrah): -

3. Hazrat Jabir Bin Abdullah 🐗 says that Nabi 🖓 said Oh! Ladies, Do not burn (Cauterize) throats of your children for Azrah (العنرة) (swelling/ infection in throat) because, you have Qustul hind (الهندى قسط) & Warss ورس) make them to lick (both).

[Mustadrak Hakim: 8239]

# Memecylon (Warss) for freckles: -

4. Hazrat Umme Salma رضى الله عنها says that at the time of Nabi ﷺ, women in postnatal bleeding (after childbirth) used to wait for forty days and we used to put Warss on our faces because of freckles." (Except for one who became pure (clean) before that).

[Ibn Ma-jah: 692 & 693; Book. 1; English vol. 1; Book 1, Hadees. 648 & 649] <u>Avoid dying Ihraam with Memecylon (Warss): -</u>

5. Narrated by Ibn Umar ضى الله عنبيا that Nabi ﷺ forbade dyeing the cloth of Ihraam (cloth worn while doing Hajj & Umrah) with Memecylon.

[An-Nasa'i: 2666; Book. 24; English vol. 3; Book. 24, Hadees. 2667]

Dyeing with Memecylon: -

6. Narrated Abdullah Ibn Umar رضى الله عنهيا that Nabi 🎄 used to wear tanned leather sandals and dve his beard vellow with Memecylon and saffron and Ibn Umar used to do that too.

[Abu Dawud: 4210; Book. 35; English Book. 34; Hadees. 4198]

### Scientific benefits of Memecylon tinctorium: -

It is beneficial for all skin diseases, vitiligo, spots on skin etc.

## Scientific benefits of Mallotus philippnensis: -

Helpful in cancers, bronchitis, skin diseases, diabetes, lungs diseases, digestive system diseases, jaundice etc.

## Science & Hadees regarding Warss (Memecylon tinctorium): -

- Antibacterial: Results showed the ethyl acetate and chloroform extracts of the plant with moderate antibacterial activity. Maximum activity was shown by the chloroform extract against Bacillus subtilis.
- \* Radical Scavenging / Anti-Inflammatory / Analgesic: The ethyl acetate extract showed the highest stimulation for interleukin-10 production; it also caused significant inhibition of the writhing response. The methanol fraction exhibited radical scavenging activity.
- Antimicrobial: Study of methanol extracts showed significant activity against gram-positive, gram-negative bacteria and fungus.
- Apoptogenic / Human Gastric Carcinoma: Study evaluated the antiproliferative and apoptogenic activity of an ethyl acetate extract of leaves of Memecylon edule (a small ever green tree native to India) in various cancer cell lines. Results showed the extract inhibited the gastric cancer cell growth in a dose-dependent manner, inducing apoptosis by mitochondrial dependent pathway.

# Conclusion of Hadees: -

Warss is best for pleurisy, throat infections; it can be used with olive oil & Qust (refer both lesson). It can use to apply on face. It can be applied on bread, or use in dyeing clothes, but do not wear Ihraam dyed with warss.

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# Lesson no. 33 Sweet/Knotted Marjoram (Marzanjosh):







#### Names

- 1. In Hadees it is called as Marzanjosh (البرزنجوش).
- 2. In Urdu it is called as Marwa, Marzanjosh.
- 3. In Hindi it is called as Marwa, Sathra.
- 4. In Sanskrit it is called as Ajanmasurabhi, Marwa.
- 5. In Latin it is called as Origanum marjoram.
- 6. In Persian it is called as Maranzosh.
- 7. Its common names are Marjoram, sweet marjoram.
- 8. In English it is called as Sweet Marjoram, Knotted Marjoram.

# Nabi &'s guidance about Marzanjosh:

# Marzanjosh for cough & cold: -

1. Hazrat Anas Bin Malik لله says that Nabi ه said: "For you Marzanjosh (الهرزنجوش) are present, this is very beneficial in cold & cough (الميوناموس) it can be smelled (steam of it).

[Kanz al-Ummal: 17345 & Abu Nu-aim: 286]

#### Contents: -

Triterpenoids, Sabinene hydrate, Borneo, Camphor, Pinene, Essential oils, Cafteic, Rosmarimic acids, Caracrol, Flavonoids, Linalool, terperes.

### Part used: -

### Whole plant.

### Scientific benefits: -

- 1. It is beneficial in gastric ulcers, diabetes, gastro intestinal infections, other infections.
- 2. It reduces cholesterol, triglycerides.
- 3. It is sedative, expectorant, carminative and stimulant.
- 4. Helpful in bronchitis, headache, insomnia, anxiety, digestive disorders, painful menstruation.
- 5. It relieves muscular pain, swelling, stiffness, arthritis.
- 6. It can be used externally for skin problems.

### <u>-: (البرزنجوش) Science & Hadees regarding Marzanjosh (البرزنجوش): -</u>

**Asthma:** - Early research shows that taking 2 drops of marjoram oil daily along with asthma medication for 3 months might improve lung function in people with asthma better than taking asthma medication alone. Its oil is also used for coughs, gall bladder complaints, stomach cramps and digestive, depression, dizziness, migraines, nervous headaches, nerve pain, paralysis, coughs, runny nose (and as a water pill).

Tea made from the leaves or flowers is used for runny nose and colds in infants and toddlers, also useful in dry irritating coughs, swollen nose and throat and ear pain. Marjoram tea is also used for various digestion problems including poor appetite, liver disease, gallstones, intestinal gas and stomach cramps. Some women use marjoram tea for relieving symptoms of menopause, treating mood swings related to menstrual periods, starting menstruation and promoting the flow of breast milk. Other uses include treating diabetes, sleep problems, muscle spasms, headaches, sprains, bruises and back pain. It is also used as a "nerve tonic" and a "heart tonic," and to promote better blood circulation.

# Conclusion of Hadees: -

It is best for cough & cold.

...... This lesson has 1 Hadees......

# Lesson no. 34 Twig Tooth Brush (Miswaak) (Siwak) (السواك):





#### Names

- 1. Quranic name of Miswaak is KHAMT.
- 2. Hadees name of Miswaak is SIWAK. (السواك)
- 3. Arabic name of Miswaak is ARAK, KHARDAL & SIWAK.
- 4. Hindi & Urdu name of Miswaak is PEELU. ARAK.
- 5. English name of Miswaak is Twig Tooth Brush.
- 6. Latin name of Miswaak is Salvadosa persica Linn

# Nabi ﷺ's guidance about Miswaak (السواك): -

# Miswaak (Siwak) a mouth cleaning thing & pleasing Allah Ta'ala: -

1. Abdur-Rahman Bin Abu Atiq & says: "My father told me: 'I heard 'A'isha رضى الله عنها saying, (narrating) from Nabi ﷺ: "Siwak is a means of purification for the mouth and is pleasing to the Lord."

[An-Nasa'i: 5; Book no. 1; English vol. 1; Book. 1, Hadees. 5]

# Importance of Miswaak: -

2. Narrated by Hazrat Abu Hurairah 🐟 that Nabi 🍇 said: I fear that my ummat will not be able to do, or I would have ordered to delay the night Isha (salah) & to use Siwak (السواك) (Miswaak) (compulsory) before every Salah (Namaz).

[Abu Dawud: 46; Book. 1; English Book. 1; Hadees. 46]

3. Hazrat Abu Umamah reports that Nabi said: "Use the tooth stick, for the tooth stick purifies the mouth and is pleasing to the Lord. Jibrail never came to me but he advised me to use the tooth stick, until I feared that it would be made obligatory for me and my Ummah. Was it not that I fear that it would be too difficult for my Ummah, I would have enjoined it upon them. And I use the tooth stick until I fear that I may make the front of my mouth sore.' (*I.e.* my gums) (Or cause my teeth to fall out due to brushing them so often)."

[Ibn Ma-jah: 304; Book. 1; English vol. 1; Book. 1, Hadees. 289]

4. Hazrat Abu Saeed له says that Nabi هه said, it is Wajib (واجب) (obligation) to do Siwak (السواك) Miswaak & it is Wajib (واجب) to bath on every Friday to every Muslim & to apply Itar (الطيب) if available.

[Bukhari: 880; Book. 11; English vol. 2; Book. 13; Hadees. 5]

5. Hazrat Abu Hurairah الله says that Nabi الله said, if I would not have the feeling that my Ummah will not be able to do Siwak (السواك) (miswaak), I would have ordered to do it before every Salah (Namaz).

[Tirmizi: 22; Book. 1; English vol.1; Book. 1, Hadees. 22]

6. Narrated by Abu Musa sthat, "I came to Nabi swhen He swas using the Siwak and the end of the Siwak was on His tongue and he was saying, "'A','a'."

[An-Nasa'i: 3; Book. 1; English vol. 1; Book. 1, Hadees. 3]

7. A'isha رضى الله عنها narrated that "Nabi ﷺ would clean His teeth with the Siwak and then He ﷺ would give me the Siwak in order to wash it. So I would first use it myself, then wash it and return it.

[Abu Dawud: 52; Book. 1; English Book. 1; Hadees. 51]

8. Abdullah Bin Amir Bin Rabi'ah 🎄 narrated from his father that he saw, Rasoolullah 🐉 doing Miswaak during fasting (number of times).

[Tirmizi: 725; Book. 8, English vol. 2; Book. 3, Hadees. 725]

9. Narrated by Huzaifa 🛎 says, Whenever Nabi 🕮 got up for Tahajjud prayer He & used to clean His mouth (and teeth) with Siwak.

[Bukhari: 1136; Book. 19; English vol. 2; Book. 21; Hadees. 237]

### Types of Miswaak: -

10. Hazrat Abu Zaid Al Aafaq 🎄 says that Rasoolullah 🐉 said there are only 3 types of good (السواك) Miswaak, first is Eraak (Pilu) (اراك) if (بطم) is not available than use Anam (عنم) or Batam (بطم) (Sanubar).

[Kanz al-Ummal: 26227]

#### Eraak Miswaak: -

11. Hazrat Abi Hiztussabaahi 🐇 said that Nabi 🗯 gave him a twig of Eraak (miswaak of Pilu tree) & said to do Miswaak with it.

[Kanz al-Ummal: 26226]

#### Olive Miswaak the best: -

12. Hazrat Maaz Bin Jabal 🐗 says that Nabi 🐉 said the best twig (miswaak) is of Olive (Zaitoon) the precious tree, because it gives good smell in mouth, reduces swelling; it is liked by Me & was liked by Prophets (a.s) who came before me.

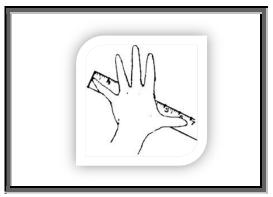
[Mojam Ausaf: 678]

#### <u> Size of Miswaak: -</u>

13. Nabi & guided that the size of Miswaak should not be more than one haalisht.

[Al Bahurur-Ra'iq]

(Means the miswaak should not be longer than below diagram).



#### How to Hold Miswaak: -

14. Miswaak should be hold between the three fingers and thumb and little finger of right hand. (Narrated by Abdullah Ibn Masood 🐇).

[Shami vol. 1. page 85]



#### Miswaak & Salah: -

15. Hazrat Abu Hurairah المسواد says that Nabi المسواد said offering 2 Rakat Salah (Namaz) after doing Siwak (السواك) (Miswaak) is 70 times better than 2 Rakat (Salah) (Namaz) offered without doing Siwak (السواك) (Miswaak).

[Kashtul Khifa: 1399; vol. no. 1; page no. 397]

16. Hazrat A'isha رخى الله عنها says that Nabi ﷺ said, Salah offered after doing Siwak (السواك) (miswaak) is 70 times better than Salah (Namaz) offered without doing Siwak (السواك) (miswaak).

[Musnad Ahmed: 26340]

# Benefits of Miswaak: -

- 17. Hazrat Abdullah Bin Abbas رضىالله says that Rasoolullah ﷺ said the ten benefits of Siwak (السواك) (Miswaak) are: -
  - 1. It brings good smell in mouth.
  - 2. Makes gums stronger.
  - 3. Makes eye sight stronger.
  - 4. Removes phlegm.
  - 5. Reliefs inflammation.
  - 6. It is Sunnah.
  - 7. It pleases Farishtaas.
  - 8. It pleases (Rabb) Allah Ta'ala.
  - 9. It is ne-gee (Sawaab).
  - 10. It cleans the bowel.

[Kanz al-Ummal: 26185]

### Doing Miswaak after entering the home: -

18. Shuraih asked Hazrat A'isha رضى الله عنها what Nabi ﷺ would do as soon as He ﷺ entered the house. She replied Siwak (السواك) (miswaak).

[Abu Dawud: 51; Book. 1; English Book. 1; Hadees. 58]

19. It was narrated from Al-Miqdam - Abu Shuraih - that his father said "I asked to 'Aisha رضى الله عنها: "What did Nabi ﷺ did with when He entered his house?' She said: "The Siwak".

[Nasa'i: 8; Book. 1; English vol. 1; Book. 1, Hadees. 8]

# Miswaak at the last moment of life: -

20. Hazrat A'isha رضى الله عنها narrated that Rasoolullah ﷺ did Siwak (السواك) (Miswaak) during the last moments of his life. (It is a part of a long Hadees).

[Bukhari: 4449; Book. 64; English vol. 5; Book. 59; Hadees. 730]

# Time when the respected Prophet 🐉 used miswaak: -

- 1. While Wazoo.
- 2. While recitation of Quran.
- 3. While entering home.

- 4. At the time of last moments on earth.
- 5. At Sehri.
- 6. At wake up.
- 7. Before sleep.
- 8. Before going to a journey.
- 9. After returning from a journey.

#### **Contents of Miswaak: -**

Many Alkaloids, Salvadorine, Trimethylamine, Chloride, Fluoride, Silica, Natural Sulphur, Vitamin C, Sabonin, Tanin, Flavonoids, Sito sterol, Resins, Natural salts, Vitamin A, Many natural substances.

### Rules & Aadab about Miswaak: -

- 1. The Miswaak should be a straight twig (small branch) and clean.
- 2. The Miswaak should not be too hard/rough or too soft.
- 3. The new Miswaak should be approximately 8 inches (a hand-span) in length.
- 4. The Miswaak should be free from dirt.
- 5. The Miswaak should be the thickness of the forefinger.
- 6. Before and after using the Miswaak, it should be washed.
- 7. The Miswaak should not be sucked.
- 8. The Miswaak should be placed vertically when not in use.
- 9. If the Miswaak is dry it should be moistened with water prior to use.
- 10. This is Mustahaab. It is preferable to moisten it with Rose water.
- 11. The Miswaak should not be used at both ends.
- 12. The Miswaak should not be taken from an unknown tree, as it may be poisonous.
- 13. All types of tree twigs may be used for Miswaak with the exception of the pomegranate tree, b) the basil plant, it can cause leprosy, c) the

- myrtle tree and it can also cause leprosy. It should not be used as a toothpick as well.
- 14. Preferably, twigs from a bitter tree should be used, for, it (wood from a bitter tree) cleanses the mouth and strengthens the teeth and stomach. Ensure that it is not harmful or poisonous.

# Storage of Miswaak: -

- 1. Always wash it before & after use.
- 2. Keep in a polythene bag or long container & keep in fridge at night.
- 3. Never keep bear in pocket, store in polythene bag or container and keep in the pocket.
- 4. Dip in rose water for some time daily.
- 5. Rub the miswaak on teeth gently.
- 6. Discard the miswaak if bad swell occurs from it or it gets very hard.
- 7. Never use other people's miswaak. Wife can use husband's miswaak.
- 8. Keep miswaak in a cool dry place or fridge.
- 9. Cut the brush end & make the bristles by cutting them with teeth.

# Scientific benefits: ·

- 1. It stops growth of bacteria (due to natural sulphurs in it).
- 2. Kills the bacteria.
- 3. It lowers the pH of mouth, so bacteria cannot grow & multiple (due to Trimethylamine in it).
- 4. Strengthens the capillaries, gums & teeth (Due to vitamin C, resins & Sito sterol in it).
- 5. Increases blood flow in the gums, make them stronger & diseases free.
- 6. It whitens the teeth (due to chloride & silica).
- 7. Good for teeth enamel (due to fluorine).
- 8. Makes teeth strong & durable.
- 9. Keeps the throat clean & free from infections.

- 10. Increases digestion.
- 11. It reduces cough & phlegm.
- 12. Good in treating throat problems.
- 13. Its elements get mixed is saliva & benefits the whole body.
- 14. Increases eye sight (due to vitamin A in it).
- 15. Increases intellect.

**Part used is: -** its twig & root as a tooth brush.

### Science & Hadees regarding Miswaak:

#### Scientific Studies on Miswaak: -

The Wrigley Company conducted a study on the Miswaak which was published in the Journal of Agricultural and Food Chemistry in 2007. Wrigley's research concluded that mints laced with Miswaak extract were 20 times more effective in killing bacteria than ordinary mints. A small testimony to this fact is that, after half an hour, the mints laced with Miswaak extract killed about 60% of the bacteria where as the ordinary mints managed only 3.6%.

In the August 2008 issue of the Journal of Period ontology, there appeared a study conducted by Swedish researchers on the Miswaak, as well. The study apparently found that suspended Miswaak pieces in a petridish, the medium for culturing bacteria, were able to kill bacteria that cause periodontal disease without being in physical contact with the bacteria. The researchers, however, suggested that the Miswaak pieces may have been sprayed with antibiotic gases, in their attempt to explain the phenomenon.

Yet another study, one comparing the use of the toothbrush and the use of the Miswaak (2003) can be reviewed currently online at the website for the U.S. National Library of Medicine and National Institutes of Health (PubMed).

The study concluded that Miswaak was more effective than tooth brushing in reducing plaque and gingivitis provided it was used correctly. Similar studies found on the same website and elsewhere vouch for the effectiveness of Miswaak over toothbrush, "The miswaak appeared to be more effective than tooth brushing for removing plaque from the embrasures, thus enhancing interproximal health," stated the researchers.

There have been plenty of published studies on the Miswaak and in fact, entire books published which study its oral and systemic benefits.

With its strong antibacterial properties and perpendicular bristles, the Miswaak is a natural toothbrush, toothpaste and floss combined.

### **Conclusion of Hadees: -**

Miswaak pleases Allah, cleans the mouth, it has lot of importance, so use it daily regularly. Clean the tongue also with it & can be used during Fasting. Use it when you enter your home & getup from sleeps. Use it of medium size. Salah offered after using it, is 70 times better than without doing it.

.....This lesson has 20 Hadees......

# Lesson no. 35 Aloe Vera (صبر): -





#### Names

- 1. In Hadees it is called as Sabir (صبر).
- 2. In Hindi & Urdu it is called as Ghikawar or Guarpatha.
- 3. In English & Latin it is called as Aloe Vera.
- 4. In Marathi it is called as Korphod.
- 5. Its family is Xanthorrhoeaceae.

# Nabi ﷺ's guidance about Sabir (صبر) (Aloe Vera): -

#### Two Bitter things: -

1. Hazrat Qais Ibn Raf'e says that Rasoolullah said: "Do you know what cure the two bitter remedies have carries, Esheeh (Cress) & Sabir (هبر) (Aloe Vera). [Al-Haawi Al-Kabeer vol. 3; Page. 640] (Refer Lesson no. 21 cress).

# Use Sabir (Aloe Vera) for face brightness: -

2. Hazrat Umme Salma رخی الله عنها says that "When Abu Salma died, I had applied Sabir (Aloe Vera) on my eyes and Rasoolullah الله came & asked her: "What is this, Umme Salma"? Hazrat Umme Salma رخی الله عنها answered, "It is Sabir (صبر), it has no perfume in it, Rasoolullah هم answered that "It makes the face Brighter, but do not use it expect Nights & remove it in day time, & do not apply perfume when combing

your hairs, or Heena, because it is dye, than Umme Salma رضى الله عنها asked What should I use while combing my hairs oh! Rasoolullah #? Rasoolullah & replied: "Use Lotus leaves, to cover your head".

[Abu Dawud: 2305; Book. 13; English Book. 12; Hadees. 2298]

# <u>Sabir (Aloe Vera) for eve infection: -</u>

3. Hazrat Nubayh Ibn Wahb 🐇 says that Hazrat Umer Ibn Udaidullah Ibn Ma'mar had an eye infection & he wanted to apply Surma (kohl) in his eye, but Hazrat Abaan Ibn Usman 🐗 told him not to do so, & asked to apply Sabir (صبر) (Aloe Vera) in his eye, & said that he heard from Hazrat Usman Ibn Affan 🐇 that, Nabi 🐉 did the same.

[Abu Dawud: 1838; Book. 11; English Book. 10; Hadees. 1834]

4. Hazrat Abaan Bin Usman narrates that his father says that one man had an infection in his eyes, while he was in Ihram & Nabi 🕮 advised him to apply Sabir (صبر) (Aloe Vera).

[An-Nasa'i: 2711; Book. 24; English vol. 3; Book. 24, Hadees. 2712]

#### **Uses of it:**

- 1. It can be taken orally as its natural Juice.
- 2. Apply on skin, wounds, ulcers, burns & etc.
- 3. Taken mix with medicines.
- 4. Taken in medicinal preparations.

### Available in market as:

- 1. Juice (in Natural form).
- 2. It can be use as shampoo, face wash, gel to apply on face & hair.
- 3. Ointments creams etc.
- 4. Pickle.
- 5. Tablets, capsules (in dried form or its extract).
- 6. Oils.
- 7. As a gel to apply on the body.

# Contents of Aloe Vera: -

It contains 200 active components & some are: -

carbohydrate, fats, steroids, copper, sodium, potassium, sulphur, protein, amino acids, unsaturated components, organic acids, iron, chloride, magnesium lactate, anti-prostaglandins, vitamin B1, B2, B3, B6, B12,calcium, manganese, digestive properties, cardio protective properties, skin protective properties & etc.

#### Scientific benefits of it: -

- 1. It helps in constipation (Because it is laxative).
- 2. Best to apply on cold sores, herpes zoster, herpes simplex, itching, ulcers, burns, viral infections, psoriasis.
- 3. Helpful in all types of cancers, skin cancers, jaundice, gall stone, HIV, diabetes, dry skin, frost bites, gingivitis.
- 4. Reduces cholesterol, inflammation, swelling, bed sores, dandruff, colitis, gastric ulcers.
- 5. Best if applied in burns, wounds, chronic ulcers, eye infections & etc.
- 6. Increases complexion & best in all skin problems.
- 7. Helpful is all types of eye & skin diseases.

#### Contraindications: -

1. Motions, Diarrhea

2. Pregnancy

3. Vaginal bleedings

# Science & Hadees regarding Aloe vera: -

# For eyes infection: -

It is a best home remedy for eyes infection of all types, because it has anti bacterial activity & properties.

### Antibacterial: -

The activity of Aloe vera inner gel against both Gram-positive and Gramnegative bacteria has been demonstrated by several different methods. Streptococcus pyogenes and Streptococcus faecalis are two microorganisms that have been inhibited by Aloe vera gel. Aloe vera gel reportedly was bactericidal against Pseudomonas aeruginosa while acemannan prevented it from adhering to human lung epithelial cells in a monolayer culture.

#### <u> Antifungal: -</u>

A processed Aloe vera gel preparation reportedly inhibited the growth of Candida albicans.

#### Antiviral effects: -

This action may be direct and indirect. Indirect due to stimulation of immune system and direct is due to anthraquinones. anthraquinones aloin activates various enveloped virus; herpes simplex, varicella zoster (mainly eyes related) and influenza.

#### Skin hydration actions: -

Mucopolysaccharides help in binding moisture into the skin. It was proposed that the Aloe vera gel containing products improved skin hydration possibly by means of a humectant mechanism.

#### Anti-aging effect: -

Aloe stimulates fibroblast which produces the collagen and elastin fibres making the skin more elastic and less wrinkled.

### Wound-healing effects: -

Different mechanisms have been proposed for the wound-healing effects of aloe gel, which include keeping the wound moist, increase epithelial cell migration, more rapid maturation of collagen and reduction in inflammation.

Glucomannan, a mannose-rich polysaccharide and gibberellin, a growth hormone, interacts with growth factor receptor on the fibroblast, thereby stimulating its activity and proliferation, which in turn increases collagen synthesis after topical and oral application. An increase in synthesis of hyaluronic acid and dermatan sulfate in the granulation tissue of a healing wound is seen following oral and topical treatment.

Aloe vera gel contains a glycoprotein with cell proliferating promoting activity, while in one research it is found that Aloe vera gel improved wound healing by increasing blood supply, which increased oxygenation as a result. Topical application of the Aloe vera derived allantoin gel stimulated fibroblast activity and collagen proliferation.

# Anti-inflammatory effects: -

It inhibits the cycloxigeanase pathway and reduces prostaglandin E2. Recently, the novel anti-inflammatory compound called C-glycosyl chromone was isolated from gel extracts. Recently, the peptidase bradykinase was isolated from aloe and shown to break down the bradykinin, an inflammatory substance that induces pain.

#### Effect on immune system: -

Immunomodulating effects occur via activation of macrophage cells to generate nitric oxide, secrete cytokines (e.g., tumor necrosis factor-α, interleukin-1, interleukin-6 and interferon-y) and present cell surface markers.

#### <u>Antioxidant property: -</u>

Glutathione peroxides activity, superoxide dismutase enzymes and a phenolic antioxidant were found to be present in Aloe vera gel, which may be responsible for these antioxidant effects.

#### Antitumor effect: -

The two fractions from aloes that are claimed to have anticancer effects include glycoproteins (lectins) and polysaccharides. Different studies indicated antitumor activity for Aloe vera gel in terms of reduced tumor burden, tumor shrinkage, tumor necrosis and prolonged survival rates. An induction of glutathione S-transferase and an inhibition of the tumorpromoting effect of phorbol myristic acetate has also been reported which suggest aloe gel in cancer chemoprevention. Indirect action on antitumor activity is stimulation of the immune response.

# <u>Laxative effect (Purgative effect): -</u>

Anthraquinones increase intestine water content, stimulate water secretion and increase intestinal peristaliasis.

# Antiseptic Properties: -

Aloe vera contain six antiseptic agent; lupeol, salicylic acid, urea nitrogen, cinnamonic acid, phenol and sulfur.

# Use of aloe vera in dentistry: -

### Apthous ulcer: -

It has been reported that acemannan hydrogel (Acemannan is a Disomer mucopolysaccharide in aloe vera leaves. This compound has been known to have immunostimulant, antiviral, antineoplastic and gastrointestinal properties) accelerates the healing of Apthous ulcers and reduces the pain associated with them. Researchers evaluated a gel that combined allantoin, Aloe vera and silicon dioxide and its effects on Apthous ulcers of the oral cavity. Each patient used a daily diary to document the number and duration of apthous ulcers, the interval between ulcers, ulcer size and ulcer pain over a period of 3-4 months. The reduced duration of the lesions in one arm of the study and the increased interval between lesions in the other arm of the study both were significant statistically. The gel did not demonstrate any consistent effectiveness on ulcers in the oral cavity.

#### Oral (mouth) lichen planus (OLP): -

Lichen planus is a fairly common skin rash that is thought to be triggered by the immune system. Exactly why the immune response occurs is not known. There may be several contributing factors and each case is different. Potential causes include viral infections, an allergen, or even stress or genetics. Sometimes lichen planus occurs along with autoimmune disorders. It can occur at any part of the body even oral cavity (mouth).







A patient of lichen planus with systemic involvement placed on Aloe vera therapy. The patient's treatment involved drinking 2.0 ounces of stabilized Aloe vera juice daily for 3 months, topical application using Aloe vera lip balm and Aloe cream for itching hands. The oral lesions cleared up within 4 weeks, although the systemic lesions took longer, due in part to the fact that the patient temporarily interrupted the course of Aloe therapy and sought an alternate source of treatment.

The 46 patients with OLP were randomly divided into 2 groups. Each group was treated with Aloe vera mouthwash and triamcinolone acetonide 0.1% (TA). The treatment period for both groups was 4 weeks. Patients were evaluated on days 8, 16 and after completing the course of treatment (visit 1-3). The last follow-up was 2 months after the start of treatment (visit 4). Aloe vera mouthwash is an effective substitute for TA in the treatment of OLP.

A double-blind trial on 54 patients was randomized into two groups to receive Aloe vera gel or placebo for 8 weeks. The most common site of OLP was the lower lip. 81% patients treated with Aloe vera had a good response after 8 weeks of treatment, while 4% placebo-treated patients had a similar response (P < 0.001). Furthermore, 7% patients treated with Aloe vera had a complete clinical remission. Burning pain completely disappeared in 33% patients treated with Aloe vera and in 4% treated with placebo (P = 0.005). Therefore, Aloe vera gel can be considered a safe alternative treatment for patients with OLP.

Another double-blind study of 64 patients with OLP were randomized to either Aloe vera (32 patients) or placebo (32 patients), at a dose of 0.4 ml (70% concentration) three times a day. The patients were evaluated after 6 and 12 weeks. In the Aloe vera group, complete pain remission was achieved in 31.2% of the cases after 6 weeks and in 61% after 12 weeks. In the placebo group, these percentages were 17.2% and 41.6%, respectively. Concluded that Aloe vera improves the total quality of life score in patients with OLP.

#### Gingival: -

Aloe vera gel reportedly has been used to treat gingivitis and has been effective against herpes simplex viruses. Acemannan, a prominent glucomannan-stimulate gingival fibroblast proliferation.

# <u> Pulp: -</u>

Acemannan promotes dentin formation by stimulating primary human dental pulp cell proliferation, differentiation, extracellular matrix formation and mineralization. Acemannan also has pulpal biocompatibility and promotes soft tissue organization.

#### Bacteria: -

Results showed that Aloe vera tooth gel and the toothpastes were equally effective against C. albicans, Streptococcus mutans, Lactobacillus acidophilus. Enterococcus faecalis. Prevotella intermedia Peptostreptococcus anaerobius. Aloe vera tooth gel demonstrated enhanced antibacterial effect against S. mitis.

#### Extracted socket: -

Salicept Patch (a freeze-dried pledget that contains Acemannan Hydrogel) significantly (P 0.0001) reduces the incidence of Alveolar Osteitis (a dry socket after tooth removal which pains & gives lot of problems) compared with clindamycin-soaked Gelfoam.

#### Denture adhesive: -

Because of the sticky and viscous nature of acemannan, a prototype acemannan was formulated into a denture adhesive and evaluated for adhesive strength in both wet and dry conditions; the adhesive was also used to evaluate cytotoxicity to human gingival fibroblasts.

#### For eve disease: -

It is a natural anti biotic, anti fungal, anti bacterial, anti viral with no side effects as dryness of eyes as causes by modern antibiotic eye drops. It is effective in all eve elements.

#### Conclusion: -

Aloe vera is best for eye infections, it increases complexion but should be applied at night only and wash out in day, can be applied in Ihraam, or anyone dead in family because it has no smell in it.

This lesso	on has 4	Hadees
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# Lesson no. 36 Lentils (Masoor Dal) (Adas) (عباس): -



#### Names

- 1. In Hadees they are called as Adas (عيس).
- 2. In Hindi & Urdu they are called as Masoor Dal.
- 3. In English they are called as Lentils.
- 4. In Latin they are called as Lens culinaris.

#### Introduction: ·

Lentils in English refer to 6 or more types of Dals, combination of Masoor Dal, Mung Dal & Urad Dal.

According to scholars Adas in Hadees refers to Masoor Dal.

# Types of Masoor Dal: -

There are mainly 3 types of Masoor Dal, with variation of colour in different countries.

- 1. Brown Masoor Dal, it is called as Masoor Dal whole, & in Hindi Akhkha Masoor.
- 2. Orange Masoor Dal, it is called as Split Masoor Dal, means it does not have the outer husk. Its orange colour differs from places to places.
- 3. Yellow Masoor Dal, It also differs in yellow colour from places to places.

#### Classification: -

- 1. with husk.
- 2. Without husk (with husk is better for health).

# Nabi ﷺ's guidance about Adas (عياس): -

#### Merits of Pumpkin, Masoor Dal: -

1. Hazrat Wasila هه says that Nabi هه said that Kar'a (القرع) (long pumpkin) is present for you, which increases the intelligence (العماغ) and masoor daal (العماع) is also present for you, which was eaten by more than 70 Prophet of Allah Ta'ala.

[Tabraani: 152]

# Contents of it: -

It has carbohydrate, sugar, dietary fibers, fats, proteins, calcium, magnesium, phosphorus, potassium, sodium, zinc, Vitamin B1, B2, B3, B5, B6, B7, C & etc.

#### Scientific benefits: -

- 1. Strengthens the body, muscles, bones, organs.
- 2. Best in diabetes.
- 3. Light to digest.
- 4. Best in all season, all age.

# Science & Hadees regarding masoor daal:

Masoor Dal contains high levels of protein, including essential amino acids isoleucine and lysine and is an essential source of inexpensive protein diet. It also contains fiber, folate, vitamin B1 and minerals. It helps to lower the cholesterol and helps in managing blood sugar levels & their high fiber content prevents blood sugar levels from rising rapidly after a meal. They are good source of potassium and iron.

# **Conclusion of Hadees:**

Masoor daal was eaten by more than 70 previous Prophets.











Water & Milk Section			
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# Lesson no. 37 Zamzam (ماءزمزم): -



#### Names

1. It is called as Ma'ae Zamzam (ماءزمزم) (Zamzam water) in Hadees

#### Introduction: -

Zamzam is a name of a well in Masjid e Haram suitated in holy city of Makkah. It is in Saudi Arabia, This Masjid is the holy place where Muslims go for Hajj & Umrah (Holy visit) & this well is in the Masjid. This is very old well about 2000 B.C. old (Means during Prophet Ebrahim a.s) since then, this well provides a special type of water.

Most of the wells provide water for 100 or 200 years only. This well is amongst the oldest well on earth. It provides water which has no colour, no swell, nor bacteria & has a specific taste & health benefits. It never got dried up since 2000 B.C., though million liters of water is drawn out daily. This well is 9 feet deep &  $3\times7\times8\times9$  feets in diameter. This water is free of cost.

# Prophet ﷺ's guidance about Zamzam water (ماءزمزم): -

# <u> Zamzam water & Munafiqeen: -</u>

1. Narrated that Muhammad Bin Abdur-Rahman Bin Abu Bakr said: "I was sitting with Ibn Abbas رضيالله عنها says that Rasoolullah ﷺ said: The

difference between we (the true believers) & munafiquens (البنافيين) (imposters, those who pretend to be true believers) is that they (munafiquens) do not drink Zamzam water (ماءزمزم) in plenty (It is a part of long Hadees).

[Ibn Ma-jah: 3177; Book. 25; English vol. 4; Book. 25; Hadees. 3061]

#### Benefits & merits of Zamzam water: -

2. Hazrat Abdullah Bin Abbas رضى الله عنها says that Nabi ها said, Zamzam water (ماء زمزم) is drank for whatever reason or intention, it is beneficial. If it is drunk for cure, Allah will give cure. If it is drunk for thirst, Allah will relief the thirst. If it is drunk for hunger, Allah will relief the hunger. And further said, this well is of Hazrat Jibrail (angel of Allah Ta'ala) & from Allah Ta'ala, it is for Prophet Hazrat Ismail for drinking purpose. [Daar Al-quthni: 2739]

Hazrat Ismail (اسماعيل) is son of Prophet Hazrat Ebrahim ﷺ.

Hadees 2 is also mentioned in Musradrikul Haakim with addition that if Zamzam water (ماءزموم) is drank to seek Allah Ta'ala's shelter, than Allah Ta'ala will give shelter.

[Mustadrak Al Hakim: 1739]

3. Hazrat Jabir Bin Abdullah الله says that Nabi الله said, that for whatever reason & cause, Zamzam water (ماءزمزم) is drunk (Allah will) fulfill it.

[Ibn Ma-jah: 3178; Book. 25; English vol. 4; Book. 25, Hadees. 3062]

# One position to drink Zamzam water: -

4. Ibn Abbas رضى الله عنهيا narrated that Nabi ﷺ drank Zamzam water (ماء) in standing position.

[Tirmizi: 1882; Book. 26, Hadees. 22; English vol. 3 Book. 24, Hadees. 1882]

5. Narrated by Ibn Abbas رخىالله عبيا that he drew ZamZam water for Nabi & & He & drank it in standing position.

[Ibn Ma-jah: 3548; Book. 30; English vol. 4 Book. 30, Hadees. 3422]

6. Many times Nabi ﷺ himself draw out Zamzam water (ماء زمزم) from Zamzam well & drank it in standing position.

[Fatwa Alamgiri & Tabkaat Ibn Sa'ad]

### Zamzam water taken to native place: -

7. Hazrat Abdullah Bin Umar رضى الله عنهيا says that, During Soolah Hudaibiya (settlement of Hudaibiya) Rasoolullah ه said to a Quresh (ماءزمرم) to bring Zamzam water (ماءزمرم) he brought it & Rasoolullah ه took Zamzam water (ماءزمرم).

[Jamiul Usool vol. 3; page. 437]

#### Importing of Zamzam water: -

8. Nabi هم send a letter to Hazrat Suhail Bin Umar هه (the letter said as follows) as my letter reaches you sent Zamzam water (ماء زمزه) at earliest. (If you get my letter) in evening don't wait for morning if you get my letter in morning doesn't wait till evening (sent Zamzam water (ماءزمزه) at earliest). (This letter was sent after Fateh Makkah).

[Musannaf Abdur Razzaq vol. 5; page. 119]

9. Hisham Bin Urwah اله narrated from his father that it was habit of Hazrat A'isha رضى الله عنها that, she use to take Zamzam water (ماء زمزم) along with her (while travelling) & she says that Rasoolullah هاده also use to do the same.

[Tirmizi: 963; Book. 9, English vol. 2; Book. 4, Hadees. 963]

# Importance of Zamzam water: -

10. Narrated by Ibn Abbas رضىالله عنها that Nabi ﷺ also liked & appreciated those who use to draw Zamzam water (ماءزمزم) from Zamzam well & said keep it up. (It is a part of a long Hadees).

[Bukhari: 1635; Book. 25; English vol. 2; Book. 26; Hadees. 700]

11. Hazrat Abdullah Bin Abbas رضى الله عنهيا says that Rasoolullah ﷺ said that in our region Zamzam water (ماءزمزم) is the best water.

[Tabrani: 11168]

# Dua after drinking Zamzam: -

12. Nabi 🗸 use to recite the following Dua:

<u>Translation:</u> Oh! Allah, I seek beneficial knowledge, wide sustenance & cure from all ailment (diseases) from You.

After drink Zamzam in standing position.

[Musannaf Abdur Razzaq vol. no. 5; page. 113]

Also Hazrat Abdullah Bin Abbas رضىالله عنهيا use to recite this Dua before drinking Zamzam.

[Al-Hisnul Hasin (English by Muhammed Rafiq)]

#### About Zamzam well: -

13. Narrated by Ibn Abbas رضى الله عليه that Nabi ه said: "May Allah be merciful to the mother of Ismail! If she had left the water of Zamzam (fountain) as it was, (without constructing a basin for keeping the water), (or said, "If she had not taken handfuls of its water"), it would have been a flowing stream. Jurhum (an Arab tribe) came and asked her, 'May we settle at your dwelling?' She said, 'Yes, but you have no right to possess the water.' They agreed".

[Bukhari: 2368; Book. 42; English vol. 3; Book. 40; Hadees. 556]

# Zamzam for fever: -

14. Narrated by Abu Jamra Ad-Dabi الله I used to sit with Ibn Abbas عنها in Makkah, once I had a fever and he said (to me), "Cool your fever with Zamzam water, Nabi الله said: "It, (the Fever) is from the heat of the (Hell) Fire; so, cool it with water (or Zamzam water).

[Bukhari: 3261; Book. 59; English vol. 4; Book. 54; Hadees. 483]

### Zamzam used for sterilization: -

15. Anas Bin Malik an arrated from Malik Bin Sa'sa'ah an among his people said that Nabi as said: "While I was in the house, between sleeping and being awake, I heard someone saying: "The one in the middle of the three." I was brought a vessel of gold containing Zamzam water, so my chest was split, to here". Qatadah said: "I said

to Anas: "What does that mean? He said: 'To the lowest part of his stomach". He said: "So my heart was removed and washed with Zamzam water, then returned to its placed. Then I was filled with Faith and wisdom."There is a long story with this Hadees.

[Tirmizi: 3669; Book. 47, English vol. 5; Book. 44, Hadees. 3346]

16. Anas Bin Malik reported that Jibrail came to Nabi while he was playing with his playmates. He took hold of him and laid him prostrate on the ground and tore open his breast and took out the heart from it and then extracted a blood-clot out of it and said, this is the part of Satan in thee. And then he washed it with the water of Zamzam in a golden basin and then it was joined together and restored to its place. The boys came running to his mother, i. e. his nurse and said: Verily Muhammad has been murdered. They all rushed toward him (and found him all right) His color was changed, Anas said. I myself saw the marks of needle on his breast.

[Muslim 162 C; Book. 1; English Book. 1; Hadees. 311]

17. Nabi & said that Hazrat Abu Zar Gaffari & spend 40 days & 40 nights in ka'bah sharif (Masjid e haram in Makkah) between Ka'bah & its covering (parda). Hazrat Abu Zar Gaffari & had no eatables & he drank Zamzam water (ماء زمره) only & Nabi & further said that Zamzam water (ماء زمره) is equivalent to meals.

[Abu Nu-aim: vol. 1; page: 289]

# - : (ماءزمزم) Content of Zamzam water

- 1. It has no colour, no swell & has a very different taste.
- 2. Its pH is 7.9 to 8 (it is alkaline).
- 3. It has sodium, potassium, calcium, magnesium, chloride, Fluoride, sulfate, nitrates, bicarbonate etc.

# <u>-: (ماءزموم) Scientific benefits of Zamzam water</u>

- 1. There are lots of benefits of Zamzam water (ماءزمزم).
- 2. Zamzam water (ماءزمزم) is being tested many times & no bacteria, no organisms were found.
- 3. It is clean & pure.

- 4. It has miraculous healings in it.
- 5. It has nutrition in it.
- 6. It has been found very effective in ulcerative keratitis when put in eyes.
- 7. Beneficial in kidney stones.
- 8. Beneficial in cancers.
- 9. And much more.

Note: - All above are based on clinical researches.

# Science & Hadees regarding Zamzam:

It has been scientifically proven that water gets affected by what is recited over it. Japanese researcher Masaru Emoto has had a unique experience. He said that he had read in a book that each snowflake falling from the sky is unique. He said that his scientific instincts told him that this was not true. The geometric shape of the snowflake is determined by its chemical composition. The composition of water is well known - two hydrogen atoms and one oxygen atom. So how come snowflakes that fall from the sky are different from one another? He said: "I was determined to prove that this theory was false." He built a laboratory, consisting of a deep freezer with a regulator, because no liquid, subjected to sudden freezing, can assume a geometric shape. The freezing must be slow, so the atoms have the chance to crystallize into the shape decreed by Allah. There was a deep freezer with a regulator, a cold room at the temperature of -7°C and several microscopes equipped with cameras, so he could photograph the snowflake before it melted. The scientists working in this room wore warm clothing. He said: "I took samples from two faucets in the laboratory, I froze them and each sample gave me a different snowflake. The samples came from two different wells, two different rivers, from two different lakes. I almost went crazy and thought this was witchcraft." A Saudi student at the University of Tokyo happened to meet him and asked him what was wrong. Masaru told him his problem. The student said to him: "We have blessed water, called Zamzam. I will give you a sample of this water so you can experiment on it. Zamzam water is not affected by witchcraft or Jinns, so using it can prove or disprove the whole theory." Emoto took a sample of Zamzam

water and said: "I couldn't crystallize it, even by diluting the water by 1.000." In other words, he turned one cubic centimeter into one liter.

He said that when he diluted the water by 1,000 and froze it, he got a uniquely-shaped crystal. Two crystals were formed, one on top of the other, but they assumed a unique form. When he asked his Muslim colleague why there were two crystals, he told him it was because "Zamzam" is composed of two words: "Zam" and "Zam."

Masaru Emoto said: "My Muslim colleague offered to recite Quranic verses over the water. He brought a tape-recorder and played some Quranic verses and we got the most perfectly-shaped crystals. Then he played the 99 names of Allah Ta'ala. Each name produced a uniquelyshaped crystal. Then he began cursing the water. We said: Water, you are impure. You are not suited for consumption. The water, in this case, did not freeze, or produced an extremely ugly crystal." When they uttered bad words like "war" or "fighting," the water did not freeze, or else produced an ugly shape. When the man completed these experiments. which lasted 15 years, he published a five-volume book called Messages from Water. He wrote: "I have proven that water, that peculiar liquid, is capable of thinking, fathoming, feeling, getting excited and expressing itself."

He also found out that if someone recites the Quran on regular water, it gets the ability for the treatment of different diseases.

# Following was written by a Japanese Scientist Masaru Emoto:

The quality / purity of Zamzam water will not be found anywhere else in the water on this earth.

He used the technology named *NANO* and researched a lot on Zamzam water. And found out that if one drop of Zamzam water mix in 1000 drops of regular water, regular water will get the same quality like Zamzam water.

He also found that a mineral in one drop of Zamzam water has its own importance that will not be find any other water on earth.

He also found in some tests that the quality or ingredients of Zamzam water cannot be changed, why science does not know the reason.

Even he re-cycled the Zamzam water, but no changes took place, & it was still pure.

This scientist Masaru Emoto & his team also found out that, the Muslims recites بسم الله الرحين before eating/drinking. He says that after saying **BISMILLAH** on regular water, there are some strange changes happened in the quality of regular water. That make it best water.

Masaru Emoto is a Japanese author known for his claim that if human speech or thoughts are directed at water droplets before they are frozen, images of the resulting water crystals will be beautiful or ugly depending upon whether the words or thoughts were positive or negative. Emoto claims this can be achieved through prayer, music or by attaching written words to a container of water.

Research by Taria Husain, Rivadh, by Moinuddin Ahmed, Conclusions is: -

**Never Dried Up:** This well has never dried up. On the contrary it has always fulfilled the demand for water.

Same Salt composition: It has always maintained the same salt composition and taste ever since it came into existence.

Portability: Its portability has always been universally recognized as pilgrims from all over the world visit Ka'aba every year for Hajj and Umrah, but has never complained about it. Instead, they have always enjoyed the water that refreshes them.

**Universal taste:** Water tastes different at different places. Zamzam water's appeal has always been universal.

No Biological Growth: This water has never been chemically treated or chlorinated as is the case with water pumped into the cities. Biological growth and vegetation usually takes place in most wells. This makes the water unpalatable owing to the growth of algae causing taste and odour problems. But in the case of the Zamzam well, there wasn't any sign of biological growth.

### Conclusion of Hadees: -

Drink Zamzam in plenty, By drinking it with an intention of any desire, Allah will fulfill it, Drink it in standing position, carry it while traveling, also take it to your native places, it is the best water, recite the Dua after drinking it, Drink & pour it on the body during fever, Nabi &'s heart was washed with zamzam water.

.....This lesson has 17 Hadees.....

# Lesson no. 38 Rain water (ماءالبطر): -





#### **Names**

- 1. In Ouran rain is called as GHAITH.
- 2. In Hadees, Rain Water is called as Ma'aul Matar (ماءالبطر).
- 3. Rain in Arabic is called as GHAITH (غيث).

Rain is mentioned in Quran at many verses. Allah Ta'ala reminds us that "it is Allah who makes rain & rain fall.

# Prophet ﷺ's guidance about rain water (ماءالبطر): -

# **Bathing in Rain: -**

1. Hazrat Anas Bin Malik 🐇 says that once we were with Nabi 🕮 and rain started falling, (the respected) Nabi & removed his upper garment (kurta) & rain fall on Nabi &; we asked Why did you do this? & Nabi said, because it (rain) has just come, from his Lord (Allah Ta'ala).

[Muslim: 898; Book. 9; English vol. 4; Hadees. 1960]

# Dua while rainina: -

2. Hazrat A'isha رخىالله عنها says that whenever it rained in Rasoolullah ﷺ's time, (respected) Rasoolullah & use to pray to Allah Ta'ala that "Oh!

Lord! Make these rain blessings for us. (Means make this rain beneficial for us).

[Bukhari: 1032; Book. 15; English vol. 2; Book. 17; Hadees. 142]

3. Narrated A'isha رضيالله عنها that when it rained Nabi ﷺ would say:

Translation: (O Allah! Make it beneficial rain).

[An-Nasa'i: 1523; Book. 17; English vol. 2; Book. 17, Hadees. 1524]

4. Anas reported I saw Nabi raising his hands (high enough) in supplication (for rain) that the whiteness of his armpits became visible (Supplication for Rain).

[Muslim 895 A; Book. 9; English Book. 4; Hadees. 1951]

#### Requesting for Dua for rain to Abbas uncle of Nabi :-

5. Narrated Anas & whenever there was drought, Umar Bin Al-Khattab & used to ask Allah for rain through Abbas Bin Abdul Muttalib &, saying, "O Allah! We used to request our Nabi & to ask You for rain and You would give us. Now we request the uncle of our Nabi & to ask You for rain, so give us rain." And rain would fall."

[Bukhari: 3710; Book. 62; English vol. 5; Book. 57; Hadees. 59]

#### When rain is excessive: -

6. Narrated by Anas Bin Malik , once there was no rain in Nabi time, a man come and requested to Nabi to pray for rain it rained from one Friday to next Friday, the man came again saying that the rain is excessive causing harm, Nabi prayed:

<u>Translation:</u> "O Allah! (Let it rain) on the tops of the mountains, on the plateaus, in the valleys and over the places where trees grow"

So the clouds cleared away from Madinah as clothes are taken off.

[Bukhari: 1019; Book. 15; English vol. 2; Book. 17; Hadees. 132]

Use of Rain water for diseases: -

7. Hazrat Anas Bin Malik المعنوبية said that "With your Halal (pure) (حلال) earnings, buy Honey (عسل) & use it (Honey) with Rain water, this will help in Shifa (شفاء) for all diseases.

[Kanz al-Ummal: 28176]

#### When it could get darker: -

8. A'isha رحى لله عنها reported, I never saw Nabi الها laughing to such an extent that I could see his uvula-whereas he used to smile only-and when He الها saw dark clouds or wind, (the signs of fear) were depicted on his face. I said Rasoolullah الها, I find people being happy when there were dark clouds in the hope that it would bring rain, but I find that when you see that (the cloud) there is an anxiety on your face. He الها said: 'A'isha, I am afraid that there may be a calamity in it, for a people was afflicted with wind, when the people saw the calamity they said:" It is a cloud which would give us rain" (Qur'an. xlvi. 24).

[Muslim: 899 C; Book. 9; English Book. 4; Hadees. 1963]

### Safety Against Disaster when rain is imminent: -

When clouds laden with rain are seen, recite:

**Translation:** O' Allah! We seek Your protection from the mischief of what these clouds bring, Allah make this rain one of prosperity and benefit.

# When the clouds laden with rain clear up: -

When the clouds laden with rain are seen clearing, *Al-Hamdulillah* الحيالة should be said and Allah should be thanked as there must surely be some good in the rain not having fallen.

# When rains begin to fall: -

اللَّهُمَّدَ صَيِّبًا نَافِعًا When the rain begins to fall, recite:

Translation: O' Allah! Send abundant and beneficial rain.

اللَّهُمِّر سَيْبًا نَافِعًا Or recite: اللَّهُمِّر

**Translation:** O' Allah! Send down abundant rain that gives prosperity.

#### When there is fear of too much rain causing disaster: -

When there is fear of excessive rains causing disaster recite:

**Translation:** O' Allah! Let it rain in our surroundings and not upon us. O' Allah! Let it rain on the mountains, in the wild, in rivers, dams and valleys and in places where trees and shrubbery grow.

When the clouds thunder and lightings strike: -

When this happens, recite:

Translation: O' Allah! Do not kill us through Your wrath and do not destroy us through Your punishment and grant us safety before this happens.

[Hisnul Hasin English by: Muhammad Rafiq, Page: 189-190]

# Rain water a blessing: -

9. Hazrat Ibn Abbas رض الله عنها says that Rain started to fall from Heavens; asked his servant Abu Jawzaa to bring out رضى الله عنها his mattress & saddle so that the rain may fall on them. Abu Jawzaa asked him why you are doing that may Allah Have mercy on you. replied "Do you not read the Quran" (it is mentioned in Surah 50, verse 9, "And we have sent down from the heavens water that is blessed" & said therefore I would like the blessing to fall on them.

[Marifatul Sunana Wal Aasaar: 7232]

# Scientific benefits: -

1. Rainwater is relatively pure stuff. The process of evaporation leaves chemicals behind and what you see falling from the clouds starts out pretty clean. Evaporation is nature's distillation process.

2. Rain water is the purest water in the nature, there is nothing wrong in drinking the raining water. But we must purify it before drinking. Rain water is having a lot of health benefits; it is having natural minerals & etc.

# Science & Hadees regarding Rain: -

#### How do scientists look at rain nowadays?

All scientists all over the world confirm that rain is a very organized and complicated phenomenon and formation of one drop of rain depend on some exact physical rules.

Satellite photos show a new discovery that it rains continuously in different places on earth.

So if we look at earth from different sides we notice that it is covered by clouds, scientists say that every second there are one hundred lightning flash all over the world, we know that lightning is linked with rain. So it is a real scientific fact that it rains continuously in different places on earth.

The four seasons are alternated on earth , when it is summer in the north half of earth, it is winter in the south half and vice versa .so it rains all the time day and night and most of rain goes into seas, this is a scientific fact.

#### What does our Nabi & say about the phenomenon of rain?

Nabi & says that in every hour even in day or night, it rains and Allah distributes these rains wherever He wants) [Narrated by Al-Hakeem]. This Hadees confirms on a scientific fact that it rains all day and night on earth.

# What do explainers of Quran say about this phenomenon?

Allah says, In Ouran surah Furgan 48:50 and it is He Who sends the winds as heralds of glad tidings, going before His Mercy (rain); and We send down pure water from the sky. That we may give life thereby to a dead land and we give to drink thereof many of the cattle and men that we had created. And indeed we have distributed it (rain or water) amongst them in order that they may remember (the Grace of Allah,) but most men refuse to accept the Truth or Faith and accept nothing but disbelief or ingratitude.

According to the interpretation of Al- Baghawee, as Allah's says, we have distributed it (rain or water) amongst them; it means distribution of rain among different countries. Ibn Abbas رضى الله عنها says that every year, it rains in equal amount but Allah distributes it amongst earth.

Also Ibn Abbas رحى الله عنبيا, Ibn Goraig and Mokatel tells us that Nabi 🏶 said, there is no year that rain is more than the other, but Allah distributes livelihoods in our life as every year it rains in a specific amount and if people commit sins, Allah

would transfer rain to another people and if all people commit sins, Allah will send rain in seas.

[Al-Hakim]

Nabi & was living in desert area with no satellites or meteorological agencies and there was no method to predict with the continuous rain in day and night. so if He sused to speak from his own (without inspiration of Allah), He would say the same as His people says to get their support, but in fact He & got nothing from His own so we have to ask, who told Him these, scientific fact which are discovered after hundreds of years, what made Him & to say that? Don't you see that the reason is to make it as an eloquent reply on people who mocks at the best man humanity ever known? Allah taught Him all.

#### Why is it a miracle?

- 1. The Prophetic Hadees states unknown scientific fact at that time as a proof that Prophet Muhammed is sincere, truth & honest. As in some eloquent words He & summarized scientific fact as He & said, in every hour even in day or night, it rains and Allah distributes these rains wherever he wants [Narrated by Al-Hakim]. You have to notice that any scientists or even a Bedouin can understand the meaning of the Hadees.
- 2. Nabi # told us about very important issue that distribution of rain is by Allah wherever He wants. It is very strange to know that there are some scientific references about water cycle systems on earth. Scientists confirm that each vear there are fixed amount of rain.
- 3. It is very strange that no one at that time denied the Hadees despite the opposition in His life and after Him & & those people were living in desert where rain did not fell for years.
- 4. There is a question to atheists who denies the Prophecy of Muhammed &, what made Prophet Muhammed & to know about unknown scientific fact that will not benefit Him anyway! As you the atheists say that Muhammed & was only asking for famous so He wrote the Ouran. But we say why Prophet Muhammed & told us about these scientific facts and didn't tell us about some of own views if He was looking for power and glory?

# Conclusion of Hadees: -

1. Do Dua if it rains that Allah make it beneficial for us, store the rain water direct in to a clean vessel & use, also store in clean containers for non seasonal uses of it. Do Dua if rain does not fall, in Nabi & way, also do Dua if it rain excessively. Rain water & honey can be used for treatment.

.....This lesson has 8 Hadees......

# Lesson no. 39 WATER (ماء): -





#### **Names**

- 1. In Hadees & Arabic is called as Al-Ma'a (ماء).
- 2. In English it is called as Water.
- 3. In Urdu & Hindi it is called as Paani.

In Quran water is been mentioned in many verses. in different contexts.

# Prophet ﷺ's guidance about water (ماء): -

### Teachings of Nabi & regarding drinking water: -

1. Narrated by Ibn Abbas رضى الله عنبيا that Nabi 🍇 said: "Let none of you drink all at once like the camel. But drink two or three times. mentioning Allah's Name when you drink and praising Him when you (finish)".

[Tirmizi: 1885; Book. 26; English vol. 3; Book. 24, Hadees. 1885.]

2. Narrated by Ibn Abbas رضى الله عنها Nabi 🐉 prohibited breathing out in the vessel or blow into it.

[Tirmizi: 1888; Book. 26; English vol. 3; Book. 24, Hadees. 1888]

3. Narrated by Abu Saeed Al Khudri that Nabi prohibited blowing into the drinks, the man asked: "What about if one sees something floating in the vessel?" He replied: "Spill it out (removing that)." He said: "I cannot drink in one breath." & Nabi said: "Then remove the cup away from your mouth".

[Tirmizi: 1887; Book. 26; English vol. 3; Book. 24, Hadees. 1887]

#### Drinking water in 3 breathes: -

4. Hazrat Anas Bin Malik says that Nabi drank water (ماء) in 3 breathes & said this way is more wholesome & thirst quenching.

[Tirmizi: 1884; Book. 26; English vol. 3; Book 24, Hadees. 1884]

#### Holding of breath while drinking water: -

5. Hazrat Abdullah Bin Abi Qatadah says from his father that Nabi said: "When one of you drinks, then do not breathe into the vessel".

[Tirmizi: 1889; Book. 26; English vol. 3; Book. 24, Hadees. 1889]

(Means that the glass or drinking vessel should be taken far from the mouth & nose & exhale followed by inhale). And hold the breath while drinking and drink sip by sip.

### Disallowed to drink water from mouth of Waterskin: -

6. Narrated by Abu Hurairah 🐗 that Nabi 🕮 forbade the drinking of water directly from the mouth of a water skin.

[Bukhari: 5628; Book. 74; English vol. 7; Book. 69; Hadees. 532]

# <u> Avoid drinking water in standing position: -</u>

7. Hazrat Qatadah ﴿ says that Hazrat Anas ﴿ said, Nabi ﴿ disliked & stopped them, when found people drinking water (ماء) in standing position & about eating in standing position Anas ﴿ was asked, he answer: "That is worse".

[Tirmizi: 1879; Book. 26; In English vol. 3; Book. 24, Hadees. 1879]

8. Narrated by Ibn Abbas رضىالله عنها that Nabi ﷺ has drank Zamzam water (ماءزمزم) in standing position.

[Tirmizi: 1882; Book. 26; English vol. 3; Book. 24, Hadees. 1882]

9. Abu Hurairah se reported that Nabi se said, none of you should drink while standing; and if anyone forgets, he must vomit.

[Muslim: 2026; Book. 36; Eng; Book. 23; Hadees. 5022]

#### Rule of boiling our drinks: -

10. Narrated by Abdullah Bin Yazad Al-khatmi that Umar Bin Al-Khattab wrote to him (saying) cook (boil) your drinks until the share of shaitaan is gone, for he has two share & you have one (means boil till 1/3 is left over & 2/3 is evaporated).

[An-Nasa'i: 5717; Book. 51; English vol. 6; Book. 51; Hadees. 5720]

#### Wooden cup: -

11. Narrated by Anas المحتاية that Umme Sulaim رحى الله عنها had a wooden cup & she said she gave Nabi ه all kinds of things to drink in it (water, honey, Nabiz)

[An-Nasa'i: 5753; Book. 51; English vol. 6; Book. 51, Hadees. 5756]

#### Drinking from the broken side of cup not allowed: -

12. Hazrat Abu Saeed Al-Khudri says that Nabi disallowed drinking from the chipped (broken) side of the cup and from breathing in the drink".

[Abu Dawud: 3722; Book. 27; English Book. 26; Hadees. 3713]

# Signs of pure water: -

13. Hazrat Abu Umamah Al-Bahili الله says that Nabi الله said that water (ماء) is pure (usable) if the taste, colour & smell of water is proper.

[Ibn Ma-jah: 563; Book. 1; English vol. 1; Book. 1, Hadees. 521]

(Means if water is contaminated than its colour, taste or smell will change).

# <u>Sea water & its products: -</u>

14. Hazrat Abu Hurairah & says that one person asked to Nabi & that "we are travelers on sea, & we do not have lot of water with us, can we do WAZOO with sea water? Nabi & answered that, sea water is pure (usable) & its products are also permissible.

(Wazoo is to wash hands, legs, face etc before praying Salah)
[An-Nasai: 332; Book. 2; English vol. 1 Book. 2, Hadees. 333]

# Rules about still water: -

15. Hazrat Abu Hurairah الله says that Rasoolullah said do not pass urine in still waters (الهاء المائم) & also do not take bath in still waters (الهاء المائم) after sex (الهاء المائم).

[Abu Dawud: 70; Book. 1; English Book. 1; Hadees. 70]

Remember bath after sex is compulsory in Islam. Still waters are like swimming pools, pools, ponds, sea water etc

16. Narrated by Jabir 🐞 that Nabi 🐉 forbade urinating into standing water.

[Ibn Ma-jah: 369; Book. 1; English vol. 1; Book. 1, Hadees. 343]

#### **Treat fever with water: -**

17. Narrated Aisha that Nabi & said: "Fever is from the heat of the (Hell) Fire, so cool it with water."

[Bukhari: 3263; Book. 59; English vol. 4; Book. 54; Hadees. 485]

#### Sea water a source of Tahrat: -

18. Hazrat Abu Hurairah الله says that Rasoolullah الله said: "The one who do not gets cleaned (طهره) with sea water also, then there is nothing from Allah (Ta'ala) to clean (طهره) him".

[Daarqathni: 78]

# Boiled water & Honey for kidney problems: -

19. Hazrat A'isha رضى لله عنها says that Rasoolullah ﷺ said that "There is an important part of kidney (called as) khasaura (الحاصرة) when this part gets swelled up, the person gets great pain & problems, treat this with excessively boiled water (الماء المحرق) (muharraq) & Honey (عسل) ".

[Mustadrak Al Hakim: 8237]

# Overnight kept water: -

20. Narrated by Jabir Bin Abdullah & that Nabi & entered upon a man among the Ansar when he was watering his garden, & asked him 'If you have any water that has been kept overnight in a water skin, then give us some to drink, otherwise we will drink by putting out mouths in the basin.' He replied, 'I have water that has been kept in a water skin, so he went and we went with him, to the shelter, where he milked a sheep for Him and (mixed it with) water that had been kept

overnight in a water skin. He drank from it and then he did likewise for his Companion who was with him."

[Ibn Ma-jah: 3558; Book. 30; English vol. 4; Book. 30, Hadees. 3432]

Waterskin is a bag like thing in which water was stored & kept for cooling. When water is left overnight, its earthly and sandy pollutants will rest in the hottom.

#### Selling of water not allowed: -

- 21. It was narrated by Jabir & that Nabi & forbade selling water. [An-Nasa'i: 4660; Book. 44; English vol. 5; Book. 44, Hadees. 4664]
- 22. Amr Bin Shu'aib so on the authority of his father and grandfather reported that they saw Nabi 🐉 drink standing and sitting.

[Riyad As-Salihin: 770; Book. 3; English Book. 3; Hadees. 43]

#### Running water beneficial for vision: -

- 23. Hazrat A'isha رض الله عنها says that Nabi 🎄 said that three things to see are beneficial for vision:
  - a) To see at greenery (tree etc) (الخضرة).
  - b) To see to running water (river) (الباء الجارى).
  - c) To see to a beautiful face. (حسن الوجه).

[Kanz al-Ummal: 28313]

24. It is mentioned in Baihagi, (if you need) take water out from still waters & bath at different place (but never bath in still waters after sex, nor urinate in it).

[Baihaqi: 1170]

25. Hazrat A'isha رضىالله عنها narrates that Nabi ﷺ liked kept water.

[Musnad Abi Yaala: 4613]

# Conclusion of Hadees from Shamail-e-Kubra: -

- 1. Nabi & used to drink water mixed with honey in the morning & did not eat after it, but after the lapse of sometime ate when He & felt hungry. [Shamail-e-Kubra; vol. 1; page 209-10]
- 2. Nabi & said that Water is the leader, the best of all liquids drinks, both in this world & Hereafter.

[Shamail-e-Kubra; vol. 1; page 208]

3. Nabi & used to sip the drinking water by lips & tongue & did not pour the water directly in mouth.

[Shamail-e-Kubra; vol. 1; page 215]

4. It is Sunnah to recite *Bismillah* before drinking a sip & recite Alhamdulillah after drinking the sips & Nabi 🕮 drank in three gulps & Nabi & prohibited drinking like a camel in one gulp.

[Shamail-e-Kubra; vol. 1; page 217]

#### Reciting Ouranic verses & Names of Allah on water: -

#### Refer lesson no. 37 Zamzam, science & Hadees regarding Zamzam column.

The scientist Masaru Emoto & his team of Japan found out that, the Muslims recites **BISMILLAH** before eating / drinking. He says that after saying **BISMILLAH** on regular water, there are some strange changes happened in the quality of regular water. That make it best water.

5. The person who serves others should himself eat or drink last & the eldest should be served first, than serve from right side.

[Shamail-e-Kubra; vol. 1; page 217-218]

6. After drinking water one should recite the following Dua:

**Translation:** Praise be to Allah who gave us sweet water to drink by His mercy and did not make it bitter due to our wrong doings

[Shamail-e-Kubra; vol. 1; page 238-239]

7. Drinking water after meals is not Sunnah, especially if the water is very hot or very cold as both are harmful.

[Shamail-e-Kubra; vol. 1; page 214]

8. Nabi said Allah gets pleased with the person who recites Al-*Hamdulillah* after every morsel of meal & every sip of water.

[Shamail-e-Kubra; vol. 1; page 227]



This is still water.

#### Scientific benefits: -

1. Water help the kidneys to function properly, helps the liver in metabolism, aids digestion, maintains pH of the body & blood volume, helps in blood circulation, cleans body, removes waste & toxins, cleans & tones the skin, maintain water volume in the body, reduces lipids, cough, phlegm etc, hence there are numerous benefits of water.

## Science & Hadees regarding water:

Whenever we examine the statements of the Prophet 3, we should always remember one thing: that He & was extremely eloquent and concise. Though His & words are few, they contain an abundance of knowledge and wisdom. It is important that we learn to take our time contemplating His & words, so we can derive as much wisdom from them as possible.

## A Brief Explanation:

A man asked about a particular situation that he and other Muslims had found themselves in. Was it permissible to make Wudu (wazoo) from the salty ocean water, while carrying a small amount of water on board? The Prophet & clearly answered the question and more than the man asked. Let's take a look at how he answered the question.

First, He & could have simply said: "Yes" and the man would have gotten his answer and moved on. However, the Prophet & decided to make a universal statement concerning the purity of saltwater and added details pertaining to the consumption of seafood. Had the Prophet & only said, "Yes", then it could have been understood that making Wudu from saltwater is allowed only under certain circumstances, like when lacking other clean water or if out at sea. This would have left some ambiguity about the absolute purity of saltwater. Rather, he stated a principle that the water of the ocean was absolutely pure, which means it can be used in making *Wudu*, *ghusl* (ritual washing) *and* cleaning one's self after the restroom. Thus, it became crystal clear that saltwater is always considered pure, regardless of the circumstances.

Secondly, He & added that whatever died in the ocean was permissible to eat. So why did He & add this information when it was not requested? Prophet & may have realized that if people are out at sea and are in need of water, then they would also be in need of food. Hence, He & may also have realized that it was in the man's benefit to know that all seafood is permissible to eat and didn't need to be slaughtered to be considered permissible. This shows the Prophet's & insight and practicality in imparting knowledge, which although not requested, was valuable to know.

#### Exhaling in glass while drinking: -

Science shows that exhaling CO2 into a glass of water causes it to react and form carbonic acid that can disturb our internal environment causing a pH change. This, in worse condition, can lead to 'Acidosis' (a condition where the blood has too much acid (or a very low base) and often causes decreased blood pH) & also the bacteria present in mouth will go in the drink or food & from the drink or food the bacteria will directly get in the stomach & cause infection.

# Reciting Quranic verses & Names of Allah on water: Refer lesson no. 37 Zamzam, science & Hadees regarding Zamzam column.

The scientist of Japan Masaru Emoto & his team says that "My Muslim colleague offered to recite Quranic verses over the water. He brought a tape-recorder and played some Quranic verses and we got the most perfectly-shaped crystals. Then he played the 99 names of Allah (SWT). Each name produced a uniquely-shaped crystal. Then he began cursing the water. We said: Water, you are impure. You are not suited for consumption. The water, in this case, did not freeze, or produced an extremely ugly crystal." When they uttered bad words like "war" or "fighting," the water did not freeze, or else produced an ugly shape. When the man completed these experiments, which lasted 15 years, he

published a five-volume book called Messages from Water. He wrote: "I have proven that water, that peculiar liquid, is capable of thinking, fathoming, feeling, getting excited and expressing itself."

He also found out that if someone recites the Quran on regular water, it gets the ability for the treatment of different diseases.

This scientist Masaru Emoto & his team also found out that, the Muslims recites **BISMILLAH** before eating/drinking. He says that after saying **BISMILLAH** on regular water, there are some strange changes happened in the quality of regular water. That make it best water.

#### **Conclusion of Hadees: -**

- 1. Do not drink water in one large gulp, do not exhale in the drinking vessel, separate the vessel of drinking at each sip, do not drink directly from water skins, do not stand & drink, do not drink from the broken region of the cup.
- 2. Zamzam can be drank in standing position, drink zamzam in plenty, drink water in 3 breathes, treat fever with water wash or sponge, overnight kept water is beneficial, praise Allah before & after drinking water.
- 3. If you boil any drinking thing, than reduces the quantity to 1/3 & reduces the 2/3 part by boiling, for kidney problems drink excessively boiled water added with honey.
- 4. Sea water is pure; one can perform Wazoo from it, do not urinate in still water, nor bath in them after sex.

This lesson has 25 Hadees & 8 conclusions of Hadees for Shamail-e-Kubra

## Lesson no. 40 Milk & milk products (اللبن):





#### Names

- 1. In Quran & Hadees it is called as Laban (اللين).
- 2. In English it is called as Milk.
- 3. In Urdu & Hindi it is called as doodh.

## Reference in Quran:

1. Surah 16 Nahl verse no. 66, It is mentioned by Allah Ta'ala that from the cattle, there is a lesson for you that, I give you to drink pure Milk, a palatable drink, which is in their bellies, between excretions & blood.

2. Surah 47 Muhammad, verse no.15, It is mentioned by Allah that there will be streams of delicious tasty water & such pure form of milk, which will not lose its

3. Surah 23 Mu'minoon, verse no. 21. It is mentioned by Allah Ta'ala that there are many things in cattle to think, for you, for example, you get milk from their bellies by which you benefit yourself so much, & also you eat them.

وَإِنَّ لَكُمْمَ فِي الْأَنْعَامِ لَعِبْرَةً ۚ لَّسُقِيكُم مِّجًا فِي بُطُونِهَا وَلَكُمْ فِيهَا مَنَافِعُ كَثِيرَةٌ وَمِنْهَا تَأْكُلُونَ ﴿ ﴿

## Nabi ﷺ's guidance about milk (اللبن) and milk products: -

#### Milk beloved to Nabi 🍇: -

1. Hazrat Ibn Abbas رضى says that Milk (اللبن) was very much beloved to Nabi ﷺ amongst all drinking substances.

[Abu Nu-aim; Tibbun Nabawi: 745.)]

& Hazrat Abdullah Bin Abbas رضى الله عنبيا says that Milk (اللبن) was very much beloved to Rasoolullah .

[Sharah Sunan Abi Dawud vol. 13; page. 286]

## Always cover the vessels: -

2. Hazrat Jabir Bin Abdullah الله says that, once an Ansari, Abu Humaid came from An-Naqi (a place) brought a cup of Milk (اللهن) for Nabi (looking at the cup), Nabi said, "Will you not cover it even by placing a stick across it.

[Bukhari: 5605 & 5606; Book. 74; English vol. 7; Book. 69; Hadees. 510 & 511]

(Means all the vessels should be covered).

#### About Paneer: -

3. Hazrat Abdullah Bin Umar رخى لله عبيا says, that, once paneer (cottage cheese) was sent to Rasoolullah & (at the time of Gazwe Tabuk), Rasoolullah & called for a knife & cut the paneer reciting Bismillah.

[Abu Dawud: 3819; Book. 28; English Book. 27; Hadees. 3810]

## <u>Always gargle after drinking Milk & Avoid milk fats: -</u>

4. Hazrat Ibn Abbas حى الله عنها says that Nabi ه use to drink Milk & use to gargle (His mouth) with water & further said that it contains fats.

[Bukhari: 5609; Book. 74; English vol. 7; Book. 69; Hadees. 514]

#### Milk & Water mixed & used: -

5. Narrated by Anas Bin Malik & that he saw Nabi & drinking milk, Nabi & went to his house & he milked a sheep & mixed it with water from the well of Nabi & Nabi & toke the bowl & drank, on the left Abu Bakr & was sitting & at right a Bedouin was sitting, Nabi & gave the remaining milk to the right one & said "the right! The right (first)

[Bukhari: 5612 & 5619 Book. 74; English vol. 7; Book. 69; Hadees. 516 & 523]

6. Narrated by Az-Zuhri that Anas Bin Malik said, that once a domestic sheep was milked for Nabi swhile he was in the house of Anas Bin Malik so. The milk was mixed with water drawn from the well in Anas's house. A tumbler of it was presented to Nabi swho drank from it. Abu Bakr swas sitting on his left side and a bedouin on his right side. When Nabi sweep removed the tumbler from His mouth, Umar swas afraid that Nabi sweep might give it to the bedouin, so he said Oh! Nabi sweep give it to Abu Bakr swho is sitting by your side." But Nabi sweep gave it to the bedouin, who was to his right and said, "You should start with the one on your right side."

[Bukhari: 2352; Book. 42; English vol. 3; Book. 40; Hadees. 542]

7. Narrated by Umm Al-Fadl رخى الله عنها, daughter of Al-Hariz that she sent a bowl of milk to Nabi ﷺ at Arafaat in afternoon on Arafaat day, Nabi ﷺ was sitting on the back of camel, toke it & drank it.

[Bukhari: 5618; Book no. 74; English vol no 7; Book 69; Hadees no. 522]

## Recite the following Dua after drinking Milk: -

#### Merits of Milk: -

8. Narrated from Ibn Abbas رضىللى نامىنلى that Nabi ﷺ said: "Whoever is given food by Allah, let him say: اللَّهُمَّ بَارِكُ لَنَا فِيهِ وَارْزُقُنَا خَيْرًا مِنْهُ

<u>Translation:</u> (O Allah, bless it for us and provide us with something better than it).

And whoever is given milk to drink let him say:

<u>Translation:</u> (O Allah, bless it for us and give us more of it) For I do not know of any food or drink that suffices, apart from milk."

[Ibn Ma-jah: 3447; Book. 29; English vol. 4 Book. 29, Hadees. 3322]

9. Narrated by Abu Hurairah & that Nabi & said that the best object of charity is milk of the camel & she goat which gives birth recently & gives plenty of milk (colostrums) & the milk (colostrums) is given to somebody one bowl morning & one evening.

[Bukhari: 5608; Book. 74; English vol. 7; Book. 69; Hadees. 513.]

(Colostrums are milk which comes immediately after birth for the first 2 or 3 days, in animals or human)

#### <u> Milk on Mehraaj (night journev): -</u>

10. Hazrat Anas Bin Malik says that Rasoolullah was given 3 cups, at the night of Mehraaj (journey from Makkah to Jerusalem to Heavens) 1st cup contained Milk, 2nd had honey & 3rd had Wine in it, Rasoolullah looked at them & then took the cup of Milk, to this Jibrail said to Nabi that "You & your followers will remain on the right path".

[Bukhari: 5610 Book no. 74; English vol. 7; Book. 69; Hadees. 514]

11. Narrated Ibn Umar رخى الله عليا that Nabi ﷺ said: "There are three that are (should) not refused, Cushions, (Duhn) fragrance and milk".

[Tirmizi: 3020; Book. 43, English vol. 5; Book. 41, Hadees. 2790]

#### Drinking from the broken side of cup not allowed: -

12. Hazrat Abu Saeed Khudri says that Nabi disallowed drinking from the chipped (broken) side of cup and breathing in the drink".

[Abu Dawud: 3722; Book. 27; English Book. 26; Hadees. 3713]

## Wooden cup: -

13. Narrated by Anas & that Umme Sulaim رضىالله عنها had a wooden cup & she said she gave Nabi & all kinds of things to drink in it (water, honey, Nabiz).

[An-Nasa'i: 5753; Book. 51; English vol. 6 Book. 51, Hadees. 5756]

## Avoid Milk of dirty animals: -

14. Narrated Abdullah Ibn Umar رضى الله عنهيا that Nabi ﷺ prohibited eating the animal which feeds on filth and drinking its milk.

[Abu Dawud: 3785; Book. 28; English Book. 27; Hadees. 3776]

15. Narrated by Abdullah Ibn Umar رخىالله عنها that Nabi ﷺ forbade riding the camel which feeds on filth and drinking its milk.

[Abu Dawud: 3787; Book. 28; English Book. 27; Hadees. 3778]

16. Hazrat Salman Farsi 🎄 says that Nabi 🐉 has allowed eating paneer & ghee (It is a long Hadees).

[Ibn Ma-jah: 3492; Book. 29; English vol. 4; Book. 29, Hadees. 3367]

#### Hasis favorite of Nabi &.

#### <u> Hasis (Hais) (a sweet dish): -</u>

17. Narrated by Hazrat Anas Bin Malik الله that Nabi الله married Hazrat Safiya رضى الله عنها & called people for a feast (as dawat e valima) & served people with Hais, (Hasis) on a piece of leather.

[Bukhari: 5387; Book 70; English vol. 7; Book. 65; Hadees. 299]

Hais (Hasis) is a sweet dish (halwa) prepared from Tamar (قر ) dates, milk, jaw (barley), ghee, paneer etc.

#### Cow Milk, a remedy for diseases: -

18. Hazrat Abdullah Bin Masood & says that Rasoolullah & said that Allah Ta'ala has created remedies for all diseases & drink cow milk because cow feeds herself by eating all types of grasses & plants.

[Kanz al-Ummal: 28212]

19. Hazrat Abi Abdullah Bin Masood الشفاء says that Rasoolullah ها said treat your diseases with cow milk because Allah Ta'ala has kept Shifa (شفاء) (cure) in it, because cow feeds herself by all types of grasses & plants.

[Tabrani: 9788]

## Cow Milk & its ghee the best medicine, but its meat is disease: -

- 20. Hazrat Mulaika Bint Amr رخىالله عنها says: Rasoolullah ﷺ said: There is cure in Cow milk, its ghee/ butter is beneficial, but its meat is disease.

  [Abu Nu-aim: 858]
- 21. Hazrat Abdullah Bin Masood اللبي says that Nabi said: "For your benefit, cow milk (اللبي) is present, its Milk (اللبي) & Ghee are best medicine, but its meat has diseases".

[Abu Nu-aim: 858]

## Camel's milk & its benefits: -

22. Hazrat Tariq Bin Sahab له says: Rasoolullah له said: For you (she) camel's milk is very much helpful, she feeds herself with all types of grasses & plants, & there is cure for all diseases (شفاء من کل حاء) in it".

[Jamiul Hadees vol. no. 14; page no. 269]

23. Narrated by Hazrat Anas اللبن that Nabi اللبن advised some people from Urainah to use camel's milk (اللبن) & its urine for DHARIBAH (an

abnormal fluid collection in abdomen) (ascities). (It is a part of a long Hadees).

[Tirmizi: 1845; Book. 25; English vol. 3 Book 23, Hadees. 1845]

#### Nabi 🅾 breast was feed by: -

24. The respected Nabi was breastfeed by Hazrat Aminah Bint Wahb (mother of Prophet ); also by Halima Al Sadiyah رضى لله عنها and also by Thuwaybah (she was a freeded slave woman).

[Healing with Medicine of Prophet & by: Imam Ibn Qayyim Al-Jauziyah]

#### **Duration of breast feeding: -**

In Quran it is mentioned that period for breastfeeding is up to 2 years.

وَالْوَالِكَاْتُ يُرْضِعُنَ ۚ أَوْلَادَهُنَ حَوْلَيْنِ كَامِلَيْنَ ۚ لِهَنَ أَرَادَ أَنَ يُتِمَّ الرَّضَّاعَةَ وَعَلَى الْمَوْلُودِ لَهُ رِزْقُهُنَّ وَكِسُوّتُهُنَّ بِالْمَعْرُوفِ ۚ لَا تُكَلَّفُ نَفْسٌ إِلَّا وُسُعَهَا لَا تُضَارَّ وَالِكَةٌ بِوَلَهِهَا وَلَا مَوْلُودٌ لَهُ بِولَهِهِ ۚ وَعَلَى الْوَارِثِ مِثْلُ ذَٰلِكَ مَ فَإِنْ أَرَادَا فِصَالًا عَنْ تَرَاضٍ مِنْهُمَا وَتَشَاوُرٍ فَلَا جُنَاحَ عَلَيْهِمَا ۚ وَإِنْ أَرَدْتُمْ أَنْ تَسْتَرُضِعُوا أَوْلَادَكُمْ فَلَا جُنَاحَ عَلَيْكُمْ إِذَا سَلَّمْتُمْ مَا آتَيْتُمُ بِالْمَعْرُوفِ \* وَاتَّقُوا اللَّهَ وَاعْلَمُوا أَنَّ اللَّهَ مِمَا تَعْمَلُونَ بَصِيرٌ

[Surah Bagarah verse no: 233]

**Translation:** Mothers shall suckle their children for two whole years; (that is) for those who wish to complete the suckling. The duty of feeding and clothing nursing mothers in a seemly manner is upon the father of the child. No one should be charged beyond his capacity. A mother should not be made to suffer because of her child, nor should he to whom the child is born (be made to suffer) because of his child. And on the (father's) heir is incumbent the like of that (which was incumbent on the father). If they desire to wean the child by mutual consent and (after) consultation, it is no sin for them; and if ye wish to give your children out to nurse, it is no sin for you, provided that ye pay what is due from you in kindness. Observe your duty to Allah and know that Allah is Seer of what ye do.

## Content of milk: -

Fats, protein, sodium, calcium, potassium, magnesium, starch, prostaglandin, water, vitamin B1, B2, B12, vitamin C, D, E etc.

#### Content of breast milk: -

Proteins, water, casein, a-lactalbumin, lactoferrin, IgA, IgG, lysozyme, serum albumin, b-lactoglobin, carbohydrates, lactose, oligosaccharides, calcium, phosphorus, sodium, potassium, chlorine etc.

#### Scientific benefits of milk: -

- 1. Milk strengthens the bones, teeth, it is good for liver function, it contains lactose in it, which prevents the absorption of many substances, in intestine, which could cause liver diseases and it is good for nerves.
- 2. It built muscles, it is a good alkalizing agent, it is most nutritive food on earth and it gives necessary energy to the body, Prostaglandins in it, protects & prevents gastric ulcers formation, & reduces pain & inflammation.
- 3. Proteins found in milk, are not present in any other food substances, Milk mixed with water is very helpful in acidity, best if taken with honey (It is Sunnah).

#### Science & Hadees regarding milk: -

- 1. Dr. Hisham Al-Khateeb's research states that milk is the only food which contains all the basic substances needed by human body. The best time to drink milk is early morning.
- 2. In the book of Food & Nutrition (1989 edition) stated that Milk is regarded as the most nutrient food on earth. In 1985, the famous medical journal The Lancet published a study by Dr. Garland of California University in the United States, He studied the food consumed by 1000 human over a period of 20 years & found that those who drank milk 2 & half cup daily were far less likely to get colon cancers than those who did not drank milk. And he advised to drink milk 2 to 3 cups a day.
- One study from Japan states that drinking milk reduces risk of stomach cancers & also it is well known milk reduces pain due to ulcers.
- 4. Scientist of New York states that milk contains Prostaglandin which protects us for getting ulcers.

5. As Milk was beloved to Nabi & & many Statement of Him & explain milk as best food you can judge by above Hadees.

#### Article by Dr. Ahlaam on camel's milk & urine: -

Camel's urine is efficacious in the treatment of skin diseases such as ringworm, tinea and abscesses, sores that may appear on the body and hair and dry and wet ulcers. Camel's urine brings the secondary benefits of making the hair lustrous, thick and removing dandruff from the scalp. Camel's milk is also beneficial in treating hepatitis, even if it has reached an advanced stage where medicine is unable to treat it.

In the al-Jazeerah al-Sa'oodiyyah newspaper (issue no. 10132, Rabee' al-Awwal 1421 AH) there is a quotation from the book Al-Ibl Asraar wa i'jaaz (The camel: secrets and wonders) by Darmaan ibn 'Abd al-'Azeez Aal Darmaan and Sanad ibn Mutlaq al-Subay'i:

As for camel's urine, the book suggests that it has numerous uses which are beneficial for man. This is indicated by the Prophetic texts and confirmed by modern science. Scientific experiments have proven that camel's urine has a lethal effect on the germs that cause many diseases.

Among the uses of camel's urine, many women use it to wash their hair, to make it longer and to make it lighter and more lustrous. Camel's urine is also efficacious in the treatment of swelling of the liver and other diseases such as abscesses, sores that appear on the body and toothache and for washing eyes.

Prof. Dr. 'Abd al-Fattaah Mahmoud Idrees says: With regard to the benefits of camel's urine in treating disease. Ibn Seena said in his Rules: The most beneficial of urine is the urine of the Bedouin camels known as najeeb. Camel's urine is beneficial in treating al-hazaaz and it was said that al-hazzaz is a pain in the heart caused by anger and so on. Camel's urine, especially the urine of a young she-camel – is used as a cleansing substance to wash wounds and sores, to make the hair grow, to strengthen and thicken it and to prevent it falling out and it is used to treat diseases of the scalp and dandruff. In a Master's thesis by an engineer in applied chemistry, Muhammad Awhaaj Muhammad, that was submitted to the faculty of applied chemistry in the al-Jazeerah university in Sudan and approved by the Dean of science and

postgraduate studies in the university in November 1998 CE, entitled A Study of the Chemical Composition and Some Medical Uses of the Urine of Arabian Camels, Muhammad Awhaai says:

Laboratory tests indicate that camel's urine contains high levels of potassium, albuminous proteins and small amounts of uric acid, sodium and creatine.

In this study, he explained that what prompted him to study the medicinal properties of camel's urine was what he had seen of some tribesmen drinking this urine whenever they suffered digestion problems. He sought the help of some doctors in studying camel's urine. They brought a number of patients and prescribed this urine for them, for a period of two months. Their bodies recovered from what they had been suffering from, which proves the efficacy of camel's urine in treating some diseases of the digestive system.

#### It also proves that this urine is useful in preventing hair loss. He says: -

Camel's urine acts as a slow-acting diuretic, but it does not deplete potassium and other salts as other diuretics do, because camel's urine contains a high level of potassium and proteins. It has also been proven to be effective against some types of bacteria and viruses. It brought about an improvement in the condition of twenty-five patients who used camel's urine for dropsy, without disrupting their potassium levels. Two of them were cured of liver pain and their liver function was restored to normal levels, as well as the tissue of the liver being improved. One of the medicines used to treat blood clots is a compound called Fibrinoltics which works by changing a substance in the body from its inactive form, Plasminogen, to its active form, Plasmin, in order to dissolve the substance that causes clotting, Fibrin. One of the components of this compound is called Urokinase, which is produced by the kidneys or from the urine, as indicated by the name "uro".

The dean of the Faculty of Medical Science in the Sudanese al-Jazeerah university, Professor Ahmad 'Abd-Allah Ahmadani, discovered a practical way of using camel's urine to treat dropsy and swelling in the liver. Its success has been proven in treating those who are affected by these diseases. He said in a seminar organized by the Al-Jazeerah University:

The experiment began by giving each patient a daily dose of camel's urine mixed with camel's milk to make it palatable. Fifteen days after the beginning of the experiment, the patients' stomachs grew smaller and went back to their normal size.

He said that he examined the patients' livers with ultrasound before the study began and he found out that the livers of fifteen out of the twentyfive were in a cirrhotic state and some of them had developed cirrhosis of the liver as the result of bilharzia (a chronic disease, endemic in parts of Africa and South America, caused by infestation with blood flukes (schistosomes). All of the patients responded to treatment with camel's urine and some of them continued, by their own choice, to drink a dose of camel's urine every day for a further two months. At the end of that time, they were all found to have been cured of cirrhosis of the liver. He said: Camel's urine contains a large amount of potassium, as well as albumen and magnesium, because the camel only drinks four times during the summer and once during the winter, which makes it retain water in its body so as to preserve the sodium and the sodium causes it not to urinate a great deal, because it keeps the water in its body.

He explained that dropsy (swelling of soft tissue with fluid collection) results from a deficiency of albumen or potassium and the urine of camels in rich in both of these.

He suggested that the best types of camels for using the urine as a remedy are young camels.

Dr. Ahlaam al-'Awadi, a specialist in microbiology in the Kingdom of Saudi Arabia, supervised some scientific papers that dealt with her discoveries in the usage of camel's urine for medical treatment, such as the papers by 'Awaatif al-Jadeedi and Manaal al-Qattaan. During her supervision of the paper by Manaal al-Qattaan, she succeeded in confirming the effectiveness of using a preparation made from camel's urine which was the first antibiotic produced in this manner anywhere in the world. Concerning the features of this new product, Dr. Ahlaam said:

It is not costly and it is easy to manufacture. It can be used to treat skin diseases such as eczema, allergies, sores, burns, acne, nail infections, cancer, hepatitis and dropsy (swelling of soft tissue with fluid collection) with no harmful side effects.

#### And she said:

Camel's urine contains a number of healing factors such as antibiotics (bacteria that are present in it, salts and urea). The camel possesses an immune system that is highly equipped to combat funguses, bacteria and viruses, because it contains antibodies. It may also be used to treat blood clots and fibrinolytics may be derived from it and it may be used to treat dropsy (swelling of soft tissue with fluid collection) (which is caused by a deficiency in albumen and potassium, as camel's urine is rich in both). Camel's urine may also provide a remedy for abdominal complaints, especially those of the stomach and intestines, as well as asthma and shortness of breath. It caused a noticeable reduction in patients' sugar levels. It is a remedy for low libido and it aids in bone growth in children and in strengthening the heart muscles. It may be used as a cleansing agent for cleaning wounds and sores, especially the urine of young she-camels. It also helps the hair to grow and become strong and thick and it helps to prevent hair loss and baldness and can be used to treat dandruff. Camel's urine may also be used to combat disease by using bacteria extracted from it. It was used to treat a girl who was suffering from an infection behind the ear that was accompanied by pus weeping from it and painful cracks and sores. It was also used to treat a girl who was unable to extend the fingers of her hands because of the presence of so many cracks and sores and whose face was almost black with pimples. Dr. Ahlaam said:

Camel's urine may also be used to treat the digestive system and to treat some cases of cancer. She stated that the research that she had undertaken on camel's urine proved that it was effective in destroying micro-organisms such as fungus, yeast and bacteria.

*Dr. Rahmah al-'Ulyaani*, who is also from Saudi Arabia, carried out tests on rabbits infected with bacteria in the colon. She treated each group of rabbits with a different kind of medicine, including camel's urine. There was a noticeable regression in the rabbits that were treated with other medicines, except for camel's urine, which brought about a clear improvement.

Majallat al-Jundi al-Muslim, issue no. 118, 20 Dhu'l-Qa'dah 1425 AH; 1 January 2005 CE.

Allah calls upon us to ponder the creation of the camel, as He says:

Translation: "Do they not look at the camels, how they are created?"

[Al-Ghaashiyah 88:17]

This pondering is not limited to the outward form of the camel, or even to the inner workings of its body, rather it also includes that which we have discussed here, which is the benefits of the urine and milk of the camel. Modern scientific research is still discovering for us many of the wonders of this creature.

#### Conclusion: -

- 1. Nabi & liked milk, always gargle with water after drink milk, always cover all vessels, drink milk & water mixed, eat paneer & ghee, praise Allah after drinking milk, Nabi & had a wooden cup to drink., Nabi like Hasis (a sweet dish made for dates, milk, barley, paneer, ghee etc).
- 2. Milk is among the best charity drink; do not refuse it, do not drink from the broken region of the cup. Do not drink milk of animals nor ride on the animals, which eat dirty stuffs. Cow milk & she camel's milk are the best for treatment.

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Maintenance of health by following Prophet 🐉 's Sunnah section			
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## Lesson no. 41 Eating habits & teachings of Prophet ::







## Nabi &'s teachings about Eating / Drinking: -

#### Wash hands before & after the meals or do wazoo: -

1. Salmaan Faarsi 🐞 says that "I have read in-the Tauraah, that performing wazoo (washing the hands) after eating increases blessings. I mentioned this to Nabi & & He & said: "Wazoo before and after eating (washing the hands and mouth) increases blessings."

[Shamaa'il Muhammadiyah: 187; Book. 27; English Book. 26; Hadees. 178] Wazoo before & after the breakfast to bring Barkat in the house: -

2. Kasir Bin Sulaim narrated that he heard Anas Bin Malik 🐗 say that Nabi 🍇 said, 'Whoever would like Allah to increase the goodness of his house, should perform ablution (wash hands) when his breakfast is brought to him and when it is taken away."

[Ibn Ma-jah: 3384; Book. 29; English vol. 4; Book. 29, Hadees. 3260]

## <u>Eating after toilets or first pass out the natural urges: -</u>

3. Narrated by Jabir Ibn Abdullah 📥 that Nabi 🗯 came out from the valley of a mountain where he had eased himself. There were some dried dates on a shield before us. We called him and He & ate with us. He & did not touch water.

[Abu Dawud: 3762; Book. 28; English Book. 27; Hadees. 3753]

## <u>If you forget to recite Bismillah at the start of meal: -</u>

4. Narrated by Umayyah Ibn Makhshi that Umayyah 🐇 was sitting and a man was eating. He did not mention Allah's name until there remained the last morsel. When he raised it to his mouth, he said:

## بِسْمِ اللهِ أَوَّلَهُ وَآخِرَهُ

**Translation:** (In the name of Allah at the beginning and at the end of it) Nabi **\*** laughed and said: The devil kept eating along with him, but when he mentioned Allah's name, he vomited what was in his belly).

[Abu Dawud: 3768; Book. 28; English Book. 27; Hadees. 3759]

The scientist Masaru Emoto & his team of Japan found out that, the Muslims recites <code>BISMILLAH</code> before eating/drinking. He says that after saying <code>BISMILLAH</code> on regular water, there are some strange changes happened in the quality of regular water. That make it best water.

#### <u> About Dastarkhwaan (a thin sheet of leather) to be spread: -</u>

5. Narrated by Anas Bin Malik that Nabi never took his meals on a dining table, nor in small plates and He never ate thin well baked bread. (The sub-narrator asked Qatadah, "Over what did they use to take their meals?" Qatadah said, "On leather dining sheets (Dastarkhwaan)."

[Bukhari: 5415; Book. 70; English vol. 7; Book. 65; Hadees. 326]

6. Narrated by Abu Umamah & that whenever the dining sheet (dastarkhwaan) of Nabi & was taken away (i.e. whenever He & finished His meal), He & used to say:

<u>Translation:</u> "Praise be to Allah abundantly and sincerely, of such a nature as is productive of blessing, is not insufficient, Abandoned, or ignored, O our lord."

[Bukhari: 5458; Book. 70; English vol. 7; Book. 65; Hadees. 368]

7. Narrated by A'isha رض الله عنها that Nabi ﷺ forbade standing up before the food had been cleared away.

[Ibn Ma-jah: 3419; Book. 29; In English vol. 4; Book. 29, Hadees. 3294]

(Means first pick all the remaining eatables & pick the Dastarkhwaan (mat) & than get up).

8. Narrated by Ibn Umar رضى الله عنيا that Nabi ﷺ said: "When a meal is served, a man should not stand up until it is removed and he should not take his hand away, even if he is full, until the people have

finished. And let him continue eating, for the man, may make his companion shy, causing him to withhold his hand and perhaps he may need more food".

[Ibn Ma-jah: 3420; Book. 29; English vol. 4; Book. 29, Hadees. 3295]

#### About eating from right hand only & initiating work with right hand: -

9. Narrated by A'isha رضى الله عنه that Nabi هه used to love to start doing things from the right side whenever possible, in performing ablution, putting on his shoes and combing his hair. (Al-Ash'ath says Nabi ه used to do so in all his affairs).

[Bukhari: 5380; Book. 70; English vol. 7; Book. 65; Hadees. 292] (Please read science & Hadees column given further).

#### Avoid eating with left hand & eat with right hand: -

10. Jabir Bin Abdullah se reported that Nabi se said: "Do not eat with your left hand for the Satan eats with his left hand."

[Muslim 2019; Book. 36; English Book. 23; Hadees. 5007]

11. Ibn Umar رخى الله عنهيا, reported that Nabi ﷺ said, when any one of you intends to eat (meal), he should eat with his right hand and when he (intends) to drink he should drink with his right hand for the Satan eats with his left hand and drinks with his left hand.

[Muslim 2020 A; Book. 36; English Book. 23; Hadees. 5008]

## Eat with right hand 3 fingers & licking the fingers: -

12. Kaa'b Bin Malik said that Nabi used to eat with three fingers and not wipe before licking it (the fingers).

[Abu Dawud: 3848 Book. 28; English Book. 27; Hadees. 3839]

## About eating for own side: -

13. Narrated by Umar Bin Abi Salma & I was a boy under the care of Nabi and my hand used to go around the dish while I was eating. Nabi said to me, 'O boy! Mention the Name of Allah and eat with your right hand and eat of the dish what is in front of you." Since then I have applied those instructions when eating.

[Bukhari: 5376; Book. 70; English vol. 7; Book. 65; Hadees. 288]

## <u>Avoid eating from the middle of the plate or else: -</u>

14. Narrated by Ibn Abbas رضى الله عنها that Nabi الله said: "Indeed the blessing descends at the middle of the food, (plate) so eat from our front and do not (eat) from its middle".

[Tirmizi: 1805; Book. 25; English vol. 3; Book. 23, Hadees. 1805]

#### When some food drops from hand: -

15. Jabir reported that Nabi said, When any one of you drops a mouthful (food particles) he should pick it up and remove any of the filth on it and then eat it and should not leave it for the Satan and should not wipe his hand with towel until he has licked his fingers, for he does not know in what portion of the food the blessing lies.

[Muslim 2033 B; Book. 36; English; Book. 23; Hadees. 5044]

16. Jabir reported I heard Nabi saying, shaitaan is present with any one of you in everything he does; he is present even when he eats food; so if any one of you drops a mouthful he should remove away anything filthy on it and eat it and not leave for the devil; and when he finishes (food) he should lick his fingers, for he does not know in what portion of his food the blessing lies.

[Muslim 2033 D; Book. 36; English Book. 23; Hadees. 5046]

#### Avoid eating full stomach: -

17. Malik Bin Dinar relates that Nabi so never ever filled his stomach with bread, nor with meat except in the situation of dafaf. Malik Bin Dinar asked a Bedouin man: What is dafaf? He responded: That he would eat with the people.

[Shamaa'il Muhammadiyah: 72; Book no. 9; English Book. 9; Hadees. 68]

18. Hazrat A'isha رضى الله عنها says that Nabi ﷺ & His family never ate full stomach (barley bread) for two consecutive days.

[Shamaa'il Muhammadiyah: 143; Book no. 25; English Book. 24; Hadees. 135]

19. Miqdam Bin Madikarib says that Nabi said: "Human fills no worse vessel than his stomach; few mouthful morsels are enough to keep the spine straight, if you want to fill it then fill 1/3 with food, 1/3 with water & keep 1/3 for air".

[Ibn Ma-jah: 3474; Book. 29; English vol. 4; Book. 29, Hadees. 3349]

## About Burping: -

20. Narrated by Ibn Umar رخىالله that "A man burped in the presence of Nabi & & He & said control your Burps & do not eat full stomach because these people will be most hunger on the judgment day.

[Ibn Ma-jah: 3475; Book. 29; English vol. 4; Book. 29, Hadees. 3350]

#### About cleaning the plates & bowls, by licking them with finger: -

21. Narrated by Umm Asim that Nubaishah , the freed slave of Nabi sentered upon us when we were eating from a bowl. He said that Nabi said: "Whoever eats from a bowl and cleans it, the bowl will pray for forgiveness for him."

[Ibn Ma-jah: 3396; Book. 29; English vol. 4; Book. 29, Hadees. 3271]

The plate should be licked with finger.

#### About licking the fingers after meal: -

- 22. Ibn Kaa'b Bin Malik reported on the authority of his father that he saw Nabi licking his three fingers (after having finished the food).

  [Muslim 2032 A; Book. 36; English Book. 23; Hadees. 5039]
- 23. Anas Bin Malik says that when Nabi ate food, He licked his three fingers. And He said: If the morsel of one of you falls down, one should wipe away anything injurious on it and eat it and not leave it for the devil. And ordered us to clean the dish, for one of you does not leave it for the devil. And also ordered us to clean the dish, for one of you does not know in what part of his food the blessing lays.

[Abu Dawud: 3845; Book. 28; English Book. 27; Hadees. 3836]

24. Ibn Abbas رخىالله عنها reported that Nabi ﷺ said: When one of you eats; he must not wipe his hand with a handkerchief till he licks it or gives it to someone to lick.

[Abu Dawud: 3847; Book. 28; English Book. 27; Hadees. 3838]

25. Hazrat Kaa'b Bin Malik says that Nabi licked His fingers thrice (after eating) & Hazrat Anas says that Nabi licked His three fingers after meal.

[Shamaa'il Muhammadiyah; 137, 138; Book. 24; English Book. 23; Hadees. 130 & 131]

## Dua to be recited before & after meals also praise Allah: -

26. Narrated Abu Saeed Al-Khudri 🎄 says that Nabi 🐉 use to finish his food, He & said (use to recite):

Translation: Praise be to Allah Who has given us food and drink and made us Muslims.

[Abu Dawud: 3850; Book. 28; English Book. 27; Hadees. 3841]

27. Narrated by Anas Bin Malik 🎄 that Nabi 🎄 said: "Indeed Allah is pleased with the slave who, upon eating his food or drinking his drink, he praises Him (Allah) for it".

[Tirmizi: 1816; Book. 25, Hadees. 30; English vol. 3; Book. 23, Hadees. 1816]

28. Narrated from Sahl Bin Mu'adh Bin Anas Al-Iuhani & from his father, that Nabi & said whoever eats food & recites the following his previous sins will be forgiven:

Translation: Praise is to Allah Who has fed me this and provided it for me without any strength or power on my part.

[Ibn Ma-jah: 3410; Book. 29; English vol. 4; Book. 29, Hadees. 3285]

29. Narrated from Ibn Abbas رضى الله عنبيا that Nabi ﷺ said, "Whoever is given food by Allah, let him say:

**Translation:** (O Allah, bless it for us and provide us with something better than it).

And whoever is given milk to drink let him say:

**Translation:** (O Allah, bless it for us and give us more of it) For I do not know of any food or drink that suffices, apart from milk."

[Ibn Ma-jah: 3447; Book. 29; English vol. 4; Book. 29, Hadees. 3322]

#### Gargle after meals & drinking milk: -

30. Nabi & use to gargle after drinking milk & meals.

[Bukhari: 5454, 5609; Book. 70, 74; English vol. 1, 7; Book. 65, 69; Hadees. 365, 514] Eating together & avoid eating separately: -

31. Narrated Wahshi Ibn Harb 🐇 that once Sahabah asked to Nabi 🍇 we eat but we are not satisfied. He & replied that, Perhaps you eat separately. They replied: Yes. He & said: If you gather together at your food and mention Allah's name, you will be blessed in it.

Abu Dawud said: If you are invited to a marriage feast, do not take (eat) it until the owner of the house (i.e. the host) allows you (to eat).

[Abu Dawud: 3764; Book. 28; English Book. 27; Hadees. 3755]

32. Wahshi Bin Harb Bin Wahshi Bin Harb narrated from his father, from his grandfather 🚓 that they said: "O Nabi 🗸 we eat and do not feel full." He said, "Perhaps you eat separately?" They said: "Yes." He said: "Gather to eat together and mention the Name of Allah over it. then it will be blessed for you."

[Ibn Ma-jah: 3411; Book. 29; English vol. 4; Book. 29, Hadees. 3286]

## Special Notes

#### Nabi 🕮 liked dish: -

33. Narrated by Abdullah Ibn Abbas رض الله عنها that the food Nabi ﷺ liked, the best was sareed made from bread and sareed made from Hays. [Abu Dawud: 3783; Book. 28; English Book. 27; Hadees. 3774]

## Two types of dishes not eaten by Nabi &: -

34. Narrated by Abdullah Ibn Umar رضى الله عنها that Nabi 🦓 forbade two kinds of food; 1) to sit at cloth on which wine is drunk; and 2) to eat by a man while lying on his stomach.

[Abu Dawud: 3774; Book. 28; English Book. 27; Hadees. 3765]

## Nabi B never criticized any food item: -

35. Narrated by Abu Hurairah & that Nabi & never criticized any food (he was invited to) but He & used to eat if He liked the food and leave it if He disliked it."

[Bukhari: 5409; Book. 70; English vol. 7; Book. 65; Hadees. 320]

#### Never eat on table & etc: -

36. Narrated by Anas Bin Malik that Nabi never took His meals at a dining table, nor in small plates and He never ate thin well baked bread. (The sub-narrator asked Qatadah, "Over what did they use to take their meals?" Qatadah said: "On leather dining sheets (Dastarkhwaan)."

[Bukhari: 5415; Book. 70; English vol. 7; Book. 65; Hadees. 326]

#### The food of Nabi & & His family: -

37. Narrated by Abu Hurairah shat the family of Nabi shadid not ate their full (stomach) for three successive days till His last time)

[Bukhari: 5374; Book. 70; English vol. 7; Book. 65; Hadees. 287]

38. Narrated by Abu Hazim that he asked Sahl , "Did you use white flour during the lifetime of Nabi ?" Sahl replied, "No, than Hazim asked, "Did you use to sift barley flour?" He said, "No, but we used to blow off the husk (of the barley).

[Bukhari: 5410; Book. 70; English vol. 7; Book. 65; Hadees. 321]

39. Hazrat Ibn Abbas رضىالله عنبيا says that Rasoolullah ﷺ & His family spent many consecutive nights without food, & the bread (Khabuz) they ate was mostly of barely.

[Shamaa'il Muhammadiyah: 145; Book. 25; English Book. 24; Hadees. 137]

## Eat with fingers & not with knife etc: -

40. Narrated by A'isha رخىالله عنها that Nabi ﷺ said do not eat meat with a knife, for it is a foreign practice, but bite it, for it is more beneficial and wholesome.

[Abu Dawud: 3778; Book. 28; English Book. 27; Hadees. 3769]

## Increase the quantity of gravy for neighbors: -

41. Narrated by Abu Zar 🐟 that Nabi 🛎 said: "When you make broth, add more water and give some to your neighbour."

[Ibn Ma-jah: 3487; Book. 29; English vol. 4; Book. 29, Hadees. 3362]

#### Never Exhale on food or on drinks: -

42. Narrated by Ibn Abbas رضى لله عنبيا that Nabi ﷺ never blew onto His food or drink and He ﷺ did not breathe into the vessel."

[Ibn Ma-jah: 3413; Book. 29; English vol. 4; Book. 29, Hadees. 3288]

#### Avoid eating in lying position & with back support: -

43. Narrated from Saalem that his father 🐇 said that Nabi 🐉 forbade a man from eating while lying down on his face"

[Ibn Ma-jah: 3495; Book. 29; English vol. 4; Book. 29, Hadees. 3370]

44. Narrated by Abu Juhaifah shat Nabi said: "As for me, I do not eat while reclining (not in lying position or with back support nor bending backwards).

[Tirmizi: 1830; Book. 25, Hadees. 46; English vol. 3; Book. 23, Hadees. 1830]

#### Avoid throwing of food: -

45. Narrated by A'isha رحی الله الله that Nabi هه entered the house and saw a piece of bread that had been thrown (on the floor). He ه picked it up, wiped it and ate it and said: 'O A'isha! Show honor to the precious (i.e. food), for is, the blessing of food departs from people, it never comes back.

[Ibn Ma-jah: 3478; Book. 29; English vol. 4; Book. 29, Hadees. 3353]

## Food as Charity: -

46. Narrated by Abu Musa Al-Ashari shat Nabi said "Give food to the hungry, pay a visit to the sick and release (set free) the one in captivity (by paying his ransom).

[Bukhari: 5373; Book. 70; English vol. 7; Book. 65; Hadees. 286]

## Eating with servants: -

47. Narrated by Abu Hurairah stat Nabi said: "When your servant brings your food to you, if you do not ask him to join you, then at least ask him to take one or two handfuls, for he has suffered heat (while cooking it) and has taken pains to cook it nicely."

[Bukhari: 5460; Book. 70; English vol. 7; Book. 65; Hadees. 370]

48. Abu Hurairah & reported that Nabi & said, if the servant of any of you prepares food for you and he brings it to you, while he had

suffered its heat and smoke. You should make him sit with you to eat. If the food is scanty, you should put one or two morsels in his hand.

[Abu Dawud: 3846; Book. 28; English Book. 27; Hadees. 3837]

49. Ismail Bin Abu Khalid narrated from his father ... "I heard Abu Hurairah ... say that Nabi ... said: "When the servant of anyone of you brings your food, let make him sit by your side and eat with him and if he refuses then let give him some."

[Ibn Ma-jah: 3414; Book. 29; English vol. 4; Book. 29, Hadees. 3289]

## Difference in eating of a Muslim & Non-Muslim: -

#### Meals of 1 person are enough for 2 & so on: -

50. Narrated by Abu Hurairah shouth that Nabi said, "The food for two persons is sufficient for three and the food of three persons is sufficient for four persons."

[Bukhari: 5392; Book. 70; English vol. 7; Book. 65; Hadees. 304]

51. Jabir reported that Nabi as saying, Food for one (person) suffices two and food for two (persons) suffices four persons and food for four persons suffices eight persons.

[Muslim: 2059 D; Book. 36; English; Book. 23; Hadees. 5112]

## Eating of a Muslim & Non-Muslim: -

52. Narrated by Ibn Umar رحى الله عنها that Nabi ﷺ said, A believer eats in one intestine (is satisfied with a little food) and a kafir (unbeliever) or a hypocrite eats in seven intestines (eats too much).

[Bukhari: 5394; Book. 70; English vol. 7; Book. 65; Hadees. 306]

53. Narrated by Abu Hurairah shat a man used to eat much, but when he embraced Islam, he started eating less. That was mentioned to Nabi shat who then said, "A believer eats in one intestine (is satisfied with a little food) and a Kafir eats in seven intestines (eats much)."

[Bukhari: 5397; Book. 70; English vol. 7; Book. 65; Hadees. 309]

the milk for the second time & Nabi & said, The believer drinks (or eats) with 1 intestine & the disbeliever with 7 intestines".

[Tirmizi: 1819; Book. 25; English vol. 3; Book. 23, Hadees. 1819]

### Rules & regulations: -

#### If rat or fly fell in the food substances: -

55. Hazrat Maimunah رضى الله عنها, said, a mouse fell into clarified butter, Nabi & was informed about it, He & said, Throw what is around it (& the mouse) and eat (the butter).

[Abu Dawud: 3841; Book. 28; English Book. 27; Hadees. 3832]

#### (Means we should throw the mouse & the surrounding it & use the butter).

56. Narrated by Abu Hurairah that Nabi said, When a mouse falls into clarified butter, if it is solid, throw the mouse and what is around it (throw) away, but if it is in a liquid state, do not go near it.

[Abu Dawud: 3842; Book. 28; English Book. 27; Hadees. 3833]

57. Abu Hurairah see reported that Nabi see said, when a fly falls in anyone's vessel (food or drink) he should plunge the fly fully in the food or drink, for in one of its wings there is a disease and in the other is a cure. It prevents the wing of it in which there is cure, so plunge it all in (the vessel).

[Abu Dawud: 3844; Book. 28; English Book. 27; Hadees. 3835.

(means the fly when falls in the food it puts its wing which has disease & keeps the wing which has cure upside, so we should dip it full in the food or liquid & throw it & we can use the food substance).

## Eating & Isha Salah: -

58. Narrated by Anas Bin Malik sthat Nabi said: If supper is served and the Iqama for (Isha) prayer is proclaimed, start with you supper first."

[Bukhari: 5463; Book. 70; In English vol. 7; Book. 65; Hadees. 373]

## Do not eat in gold & silver plates: -

59. Narrated by Abdul Rehman Bin Abi Laila sthat Nabi said: "Do not wear silk or Dibaja and do not drink in silver or golden vessels and do not eat in plates of such metals, for such things are for the unbelievers in this worldly life and for us in the Hereafter."

[Bukhari: 5426; Book. 70; English vol. 7; Book. 65; Hadees. 337]

## About invitation & feast: -

60. Abu Hurairah said: The worst kind of food is that at a marriage feast, rich are invited and poor are left out. If anyone does not attend the feast to which he was invited, he has disobeyed Allah and His Nabi.

[Abu Dawud: 3742; Book. 28; English Book. 27; Hadees. 3733]

#### Food to be avoided: -

61. Narrated by Qabisah Ibn Halb & that a man asked Nabi & is there any food from which I should keep myself away? I heard Nabi & replying, anything which creates doubt should not occur in your mind by which you resemble Christianity.

[Abu Dawud: 3784; Book. 28; English Book. 27; Hadees. 3775]

#### First Fruit of the season: -

62. Narrated by Abu Hurairah & that when first fruit (of season) were brought to Nabi &, & Nabi & would say:

<u>Translation:</u> Oh! Allah bless us in our city Madinah & in our fruits, in our Mud & in our Sa blessing upon blessing) then Nabi & would give the fruit to the smallest of the child present.

[Ibn Ma-jah: 3454; Book. 29; English vol. 4; Book. 29; Hadees no. 3329]

## Neutralizing Hot Potency with cold potency: -

#### Watermelon & dates: -

63. Hazrat A'isha رض الله عنها narrates that Nabi ﷺ used to eat watermelon (البطيخ) with fresh ripen dates (البطيخ).

[Tirmizi: 1843: Book. 25; English vol. 3; Book. 23; Hadees. 1843]

64. Hazrat Anas الْخِيرِيّ) & fresh ripen dates (الرُّوْلِيّ) together.

[Shama'il Muhammadiyah: 199; Book. 30; English Book: 29; Hadees. 190]

65. Hazrat A'isha رضى الله عنها narrated that Nabi ﷺ use to eat watermelon (البطيخ) with fresh ripen dates (الرُطّب) & use to say, heat of the one is broken by the coolness of the other and the coolness of the one by the heat of the other.

[Abu Dawud: 3836; Book. 28; English Book. 27; Hadees. 3827]

#### Tamar & Zubd (dried ripen dates & Butter): -

66. Narrated by 2 sons of Busar that Nabi الله visited Hazrat Busar's home, they presented dried ripen dates (غر) & butter (نبد) in honor of Nabi الله because both were liked (together) by Nabi ...

[Ibn Ma-jah: 3459; Book. 29; English vol. 4; Book. 29, Hadees. 3334]

#### Qissa'a & Rutab (Fresh ripen dates & cucumber): -

67. Hazrat Abdullah Bin Jafar الله says that Rasoolullah ها use to eat cucumber (الرطب) with fresh ripen dates (الرطب).

[Tirmizi: 1844; Book. 25; English vol. 3; Book. 23, Hadees. 1844]

68. Hazrat A'isha رضى الله عنها ate cucumber (القثاء) & fresh ripen dates (الرطب) together to gain weight & she successfully gained weight.

[Ibn Ma-jah: 3449; Book. 29; English vol. 4; Book. 29, Hadees. 3324]

## On Empty stomach & early morning: -

#### About Dates: -

69. Hazrat Aamir Bin Saad Abu Waqqas المحالة heard from his father that Nabi المحالة said that anyone who eats 7 dates (قرة) daily, which grow between these two lava plains (two Madinah (المحالة) mountains) empty stomach, early morning, than till evening, will not be affected with poisoning (سبم) & black magic (سبح) (witch craft) & if eats at evening, will safe from poison (شمّة) & black magic (سحر) (witch craft) till morning.

[Muslim: 2047 A; Book no. 36; English Book. 23; Hadees no. 5080]

70. Hazrat Abdullah Ibn Abbas رضىالله عنها says that Rasoolullah ﷺ guided that eat dates (قرر) on empty stomach early morning, by this worm of stomach get killed.

[Musnad Firdous: 4813]

71. Hazrat A'isha رضيالله says that Rasoolullah ﷺ guided that The Ajwah dates of 'Aliya' contain healing effects and these are antidote (for poisoning) if eaten early morning.

[Muslim: 2048; Book. 36; English Book. 23; Hadees. 5083]

72. Hazrat Saad هه says that Rasoolullah هه guided that eat 7 Ajwah (عَوة) (dates) early morning empty stomach, that day, the person will be saved from poisoning (سم) & black Magic (سحر) (witch craft).

[Bukhari: 5769; Book no. 76; English vol. 7; Book. 71; Hadees. 664]

#### Eating Bathikh (watermelon) on empty stomach: -

73. Nabi ه guided that eating watermelon (البطيخ) before meal (empty stomach) cleans the stomach & removes diseases.

[Faizul Qadeer: 10014]

#### Best Time to eat Safarjal (Quince): -

74. Hazrat Anas Bin Malik السفرجل) early morning on empty stomach.

[Kanz al-Ummal: 28259]

75. Hazrat Ibn Umar رض الله عنها says that wet cupping (الحجامة) (hijamah) on empty stomach is best for cure, (& has) blessing & improves memory & intellect.

[Ibn Ma-jah 3616; Book. 31; English vol. 4; Book. 31, Hadees. 3487]

## **Guggul on empty stomach: -**

76. Hazrat Anas Bin Malik النسيان says that they were in Nabi socompany, one person came & complaint about his weak memory (النسيان) to Nabi socompanie & replied "Take Kandar (الكندر) (Guggul), soak it in water, overnight & drink this water at morning empty stomach because it is best for Nisyaan (النسيان) (lack of memory).

[At-Tibb Al-Nabawi (Al-Jawzi) vol. 1; page no. 294]

## Scientific benefits of taking medicine on empty stomach early morning:

Some medicines need to be taken before food or on an empty stomach. This is because food can affect the way these medicines work.

For example, taking some medicines after meals may prevent your stomach and intestines absorbing the medicine, making it less effective. Alternatively, some foods can interact with your medicine, either by increasing or decreasing the amount of medicine in your blood to potentially dangerous levels or levels that are too low to be effective. Some foods can neutralize the effect of certain medicines. Some examples of foods or drinks which can interact with medicines include: grapefruit juice, cranberry juice, foods high in vitamin K such as leafy green vegetables, salt substitutes or food supplements high in potassium such as bananas.

As a general rule, medicines that are supposed to be taken on an empty stomach should be taken about an hour before a meal, or two hours after a meal. Forgetting these instructions on rare occasions is unlikely to do any harm, but taking these medicines with food regularly may mean they don't work.

#### Conclusions of Hadees from Shamail-e-Kubra:

- 1. It is Sunnah to wash both hands before (poverty will not occur) & after eating. [Shamail-e- Kubra; vol. 1; page. 63, 64]
- 2. It is Sunnah & taught by Nabi & to fill the 1/3 stomach by eating, 1/3 by water & keep 1/3 for air (means empty) & Nabi # ate only when felt hungry & never ate full stomach. Nabi & ate simple & inexpensive food. [Shamail-e-Kubra; vol. 1; page. 190, 200]
- 3. When eating together the food should be served first to the most pious person.

[Shamail-e-Kubra; vol. 1; page. 98-99]

4. One should remove shoes before eating.

[Shamail-e-Kubra; vol. 1; page. 85]

5. It is makrooh (disliked) to eat bareheaded.

[Shamail-e-Kubra; vol. no. 1; page no. 225]

6. Once the bread (or etc) is placed on the dastarkhwaan (mat) one should begin eating & should not wait for curry etc.

[Shamail-e-Kubra; vol. 1; page. 95]

- 7. It is Sunnah to recite the following Dua before meal: بشير الله وَعَلَى بَرَكَةِ الله
  - [Shamail-e-Kubra; vol. no. 1; page no. 225]
- 8. It is reported that Nabi 🎄 used to recite: كِمَا وَاسِعَ الْمَغْفِرَةِ, after eating the first morsel.

[Shamail-e-Kubra; vol. 1; page. 227]

9. It is Sunnah for husband & wife to share the plates & chew off meat from the same spot.

[Shamail-e-Kubra; vol. 1; page. 99]

10. Nabi & said eating in market place is immodesty.

[Shamail-e-Kubra; vol. 1; page no. 85]

11. Nabi & prohibited eating steaming hot food & said that there are no blessings in it & prohibited to blow on food.

[Shamail-e-Kubra; vol. 1; page. 86 & 87]

12. Sometimes Nabi & could eat dates while walking.

[Shamail-e-Kubra; vol. 1; page. 161]

13. Hazrat A'isha رضىالله عنها says that the first Sunnah broken after Nabi ﷺ was eating full stomach.

[Shamail-e-Kubra; vol. 1; page. 191]

14. Nabi & disliked over eating very much that the servants who use to over eat would be discarded from the service.

[Shamail-e-Kubra; vol. 1; page. 193-194]

15. One should not wash hands after meals in the utensils in which the food was eaten.

[Shamail-e-Kubra; vol. 1; page. 65]

16. After meals middle finger of right hand should be licked first followed by index than thumb, if other fingers are also used than lick ring & little finger, 3 times & also clean the plates, the plates etc will seek forgiveness for you.

[Shamail-e-Kubra; vol. 1; page. 71, 72, 73]

17. One should not sleep immediately after eating & do some zikr or offer Salah (is best)

[Shamail-e-Kubra; vol. 1; page. 94]

18. One can pick the teeth with a tooth pick & those particle should not be eaten & gargle the mouth after eating.

[Shamail-e-Kubra; vol. 1; page. 94]

19. When dinning at someone's house recite the following Dua:

[Shamail-e-Koebra; vol. 1; page. 236]

<u>Translation:</u> O' Allah! Bless them in what You have provided them with and forgive them and have mercy upon them.

20. Recite the following Dua while picking the Dastarkhwaan (mat):

[Shamail-e-Kubra; vol. 1; page. 234]

<u>Translation:</u> All<u>a</u>h be praised with an abundant beautiful blessed praise. He is The One Who is sufficient, feeds and is not fed. The One Who is longed for, along with that which is with Him and The One Who is needed, He is our Lord

#### Scientific benefits of Prophet ## eating habits:

- 1. The food becomes neutralized when acidic food substances are mix with alkali food substances. Acidic food substances mean hot potency food substances & alkali food substances are cold potency food substances (mostly). The food becomes neutralized means nor hot nor cold. These types of food do not disturb the acid base balance of the body. The food becomes light to digest, easily distributed in the body and reaches the cells of the body, easily metabolized in the body.
- 2. The simplest food we eat, the more, we will be disease free (as per the Sunnah of Prophet . Nowadays there are various diseases like diabetes, thyroidism, cancers, auto immune diseases, asthma, allergies, kidney failures, vitiligo & etc are also caused by faulty habits of eating, means against the Sunnah of Prophet .
- 3. We people eat fried, cooked, boiled, fermented (etc) foods together; this causes free radicals in our body & leads to deadly diseases like cancers, diabetes & etc.
- 4. We Muslims break our fast (iftaar) with a mixture of food substance like fried, cooked, boiled etc food substances, also mix a lot of varieties of fruits together, What will be the result we all know?
- 5. All teachings of Prophet & are beneficial for whole world and when will we realize? Why new diseases are coming in the world? Are they not due to our faulty eating habits?
- 6. Nabi & is Prophet of not only Muslims, but Prophet of everybody and we should respect him & and learn about His teachings and perform

them. Are we not neglecting the eating habits of Prophet ##? When we'll learn and teach to our children about eating habits of Prophet &. We and the world will became diseases free when we will start following the eating habits of Prophet ...

## Science & Hadees regarding Eating Sunnah:

#### Nabi & ate using his fingers and licks his fingers after meals

#### Eating & doing things with right hand: -

Let's see if science helps us in finding any answer to Why Muslims are asked to use their right hand more than the other. What could be the wisdom behind this?

#### Please read below the facts about it: -

If we start any new work or use new thing with right hand or right leg our approach of brain towards this act is left side of the brain means we initially use the left side of the brain for that act let see the scientific fact of left side & right side of the brain. And judge yourself the miracle of this Sunnah.

#### Nabi 👺 ate using his right hand fingers and licked it after meals: -

A new scientific research has proven that our hands (especially the right hand) have enzymes that are also present in our saliva. In simpler words, the digestive process actually begins with our fingers as they break down the food that we eat. A simple method to see the effects of our hands on digestive process are as follows: -

- 1. Take 2 bowls filled with plain water, now put right hand in one bowl & left hand in other for sometime & see for any changes in the water, you will see some water changes in both the bowls but more in right hand bowl, these changes are due to digestive enzymes present on our fingers.
- 2. Now put some vegetables in both the bowls, & again dip the right & left hand in each bowl for sometime & see the changes on the vegetables, you will see that the vegetables gets softer more in right hand bowl means that our right hand has more active enzyme than left, so it is Sunnah to eat with right hand.
- 3. These enzymes help the digestive process & if we eat with spoon etc we lose the opportunity of the enzymes present on right fingers.

4. Also it is believed & proved that licking of right fingers after meals are good & beneficial for digestion & remember it is Sunnah. And it is a well known proverb (saying) "finger licking is good"!

#### Nabi 🖀 taught us not to blow on our food: -

The carbon dioxide from our breath fuses with water vapour created by the hot meal. This creates carbon dioxide droplets that are heavy enough and will drop and enter into our food & the bacteria present in our mouth gets in our food when we blow in our food & get mixed with our food & gain entry in the stomach.

The scientist Masaru Emoto & his team of Japan found out that, the Muslims recites BISMILLAH before eating/drinking. He says that after saying **BISMILLAH** on regular water, there are some strange changes happened in the quality of regular water. That make it best water.

#### About Brain: -

As we know that science tells us that when we do exercise, it helps in keeping your body healthy. There are different types of exercises for every part of the body and if done over and over again, keeps that part more functional. Same goes with brain exercises, when you do them over and over again they help in developing connections in the brain. As there are two main lobes of the brain. Right and left.

According to a research, "The concept of right brain and left brain, thinking developed" that took place in the late 1960, by an American psycho biologist "Roger W Sperry". He discovered that the human brain has two very different ways of thinking (functioning).

Please remember that the left lobe of brain acts on the movement of right side of the body & right lobe of brain acts on the movement of left side of the body (*This is called as criss-cross system*).

## Right side brain: -

The right brain visualizes and processes information in an intuitive and simultaneous way, looking first at the whole picture & then the details. The right brain is referred to as the analog brain. It controls threedimensional sense, creativity and artistic senses to allow us to function as humans.

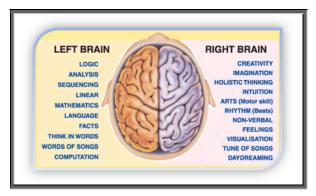
Means the right side brain is more active in imaginations (means to form a picture in the mind) about things or information in intuitive way (means instant understanding or inspirations without actual thinking) both function takes place at the same time. The right hemisphere is mainly in charge of spatial abilities (means doing work in steps), face recognition and processing music. It performs some maths, but only rough estimations and comparisons. The right brain also helps us to comprehend visual imagery and make sense of what we see. It plays an important role in language, particularly in interpreting context and a person's tone.

#### <u>Left side Brain: -</u>

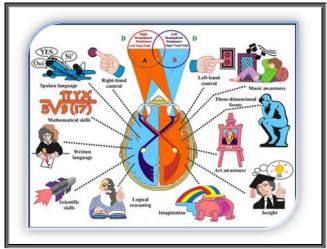
The left brain verbalizes and processes information in an analytical and sequential way, looking first at the pieces then putting them together to get the whole. Sperry was awarded a Nobel Prize in 1981, although subsequent researches had shown things aren't quite as polarized as once thought (nor as simple)."

The left brain is also referred to as the digital brain. It controls reading and writing, calculation and logical thinking. Means the left brain is more active in expressing things in words & processes information by analyzing & examining the work or things in proper order & do the work in regular way.

In general, the left hemisphere is dominant in language: processing what you hear and handling most of the duties of speaking. It's also in charge of carrying out logic and exact mathematical computations. When you need to retrieve a fact, your left brain pulls it from your memory.



The brain's right hemisphere controls the muscles of the left side of the body, while the left hemisphere controls the muscles on the right side of the human body. When we blink the right eye, we use the left side of the brain because of the criss-cross wiring & due to this criss-cross wiring damage to one side of the brain affects the opposite side of the body.



So to conclude when we use more the right hand it gives more exercises to left side of the brain making it & its functions stronger & eating & etc is Sunnah with right hand. And remember we use both hands equally while offering Salah. This is beauty of Sunnah of our Nabi &.

And it is Sunnah of Nabi & to start a good work with right hand by this we activate the left side brain & left side of brain is more active & powerful in analysis, logical thinking, doing work in proper order in regular way & etc. So by starting a good work with right hand or right leg helps us in positive response of brain.

The right handed person use their left side brain more & left handed person use their right side of the brain more, so right handed person are more logical, linear, good at maths, calculation, language learning, good at words, do thing in order in regular way by mostly analyzing the work better, has good hand writing.

The left handed person are more creative, think holistic (means taking in consideration of all aspects), good at arts & work skill, better in visualizing, rhythmic, have mostly bad hand writing & work step by step.

## Conclusion of Hadees:

- 1. At least wash hands before & after meal or do wazoo, recite Bismillah before starting the meals, if Bismillah is forgotten than recite Bismillaah Awalo wa-aakhiro, eat from own side, eat with right hand three fingers, sit on the ground & eat, eat together, do not eat with a back support, nor in lying position, do not eat from the middle of the plate.
- 2. Ask your servant to eat with you, pass the natural need first than sit to eat. eat simple food, avoid eating full stomach, do not eat in gold, silver plates, spread a thin sheet of leather or cloth (dastarkhwaan), do not get up before your partners, first clear the remaining eatables followed by Dastarkhwaan than get up or leave the place, do not throw the food, praise Allah before, during & after meals, recite the Dua of before, after meal, than recite the Dua of picking up the dinning sheet (Dastarkhwaan). Follow the rules f Sunnah properly.

This lesson	76 has	Hadees	& <i>20</i>	conclusions	of Hadees
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# Lesson no. 42 Sunnah of counting Tasbeh (Zikr): -







#### Reference of below are from Books:

- SUNNAH by, E.M.H. SALEJEE (South Africa),
- Aqde-Anamil by Maulana Noor Muhammed Ludhyanwi,
- & Hazrat Maulana Ashraf Ali Thanwi u in his Book Aurade-Rahmani.

#### **Counting 1, 2 & 3.**

Prophet suse to count 1 by closing the little finger of right hand as shown in the pic no 1.



Pic No. 1. (It is right hand finger).

Prophet & use to count 2 by closing the ring finger of right hand. (Please note both little & ring finger are closed) as shown in the pic No. 2.



Prophet & use to count 3 by closing the middle finger of right hand (please note all three fingers are closed as shown in the pic No. 3.



# Now Counting of 4, 5 & 6.

Remember the middle, ring & little fingers of right hand are closed while counting 1, 2 & 3.

To count 4 Prophet & use to open the little finger of the right hand as shown in the pic No. 4.



To count 5 Prophet use to open the ring finger of right hand as shown in the pic No. 5.



To count 6 Prophet & use to open the middle finger but close the ring finger of the right hand as shown in the pic No. 6



#### **Now Counting 7, 8 & 9.**

Remember the position of counting 6. It was, the ring finger was closed & small & middle fingers were open of the right hand as shown in the pic.

To count 7 Prophet use to open the ring finger & closed the little finger towards the wrist of the right hand as shown in pic No. 7. Please notice the position of the little finger of right hand.

This time the finger is little downwards towards the wrist



To count 8 Prophet & use to close the ring finger of the right hand as shown in the pic No. 8. Remember both little & ring fingers are closed towards wrist.



To count 9 Prophet & use to close the middle finger towards the wrist of the right hand as shown in the pic No. 9.



To count 10 Prophet & use to touch the lower end of right thumb with tip of index finger of the right hand as shown in the pic No. 10. Please note this is first time index finger & thumb of the right hand are used.



We have completed counting till 10 Please practice this Sunnah. To conclude, please refer all the previous parts of this lesson and refer this pic.



#### Please note

- 1. Prophet suse to count 1 to 9 with opening & closing the right little finger, right ring finger & right middle finger
- 2. Prophet & use to count 10, 20, 30, 40, 50, 60, 70, 80, 90 with right index finger & right thumb.
- 3. Prophet & use to count till 99 with his respected right hand.
- 4. Prophet suse his respected left little finger, left ring finger & left middle finger to count hundreds (1,2,3,4, 5, 6, 7, 8, 9 hundreds)
- 5. Prophet suse to count 1 to 9 every when tens were completed on respected right little finger, right ring finger & right middle finger.
- 6. Means we should count 1 to 9 on right little, ring & middle fingers, & count 10 using the right thumb & right index fingers, than again count 1 to 9, & count 20 using the right thumb & index fingers using in different ways.

# Counting 20. 30. 40....

After completing 10 Prophet suse to again start from 1 to 9 in the same manner on right hand fingers and count 20 on the right hand fingers, as shown in pic No. 20.



After completing 20 Prophet & use to again start from 1 to 9 in the same manner and count 30 as shown in pic No. 30. Using right hand.



After completing 30 Prophet & use to again start from 1 to 9 as usual & count 40 in the shown manner in below pic No. 40. Using right hand



After completing 40 Prophet # use to again start from 1 to 9 in routine way & count 50 in the shown manner in below pic No. 50. Using right hand



Pic No. 50. (It is right hand).

After completing 50 Prophet & use to again start to 1 to 9 in the same routine way & count 60 in the shown manner in pic No. 60. Using right hand.



After completing 60 Prophet & use to again start from 1 to 9 in the same manner & counted 70 in the shown manner in pic No. 70. Using right hand



After completing 70 Prophet & use to again start from 1 to 9 in the same manner & counted 80 in the shown manner in pic No. 80. Using right hand



After completing 80 Prophet # use to again start from 1 to 9 in the same manner & counted 90 in the shown manner in pic No. 90. Using right hand.



After completing 90 Prophet & use to again start from 1 to 9 in the same manner & count 10 to 90 in the same manner and by this we complete 99 in right hand.

Now Prophet & use to start use of left hand & counted 100 in the manner as Prophet & use to count 1 to 9 in right hand. Means 1 to 9 of right hand will be 100 to 900 on left hand.

And Prophet & use to count 100, in the shown manner in the below pic No. 100. Using left hand Please note the left hand properly.



After completing 100 Prophet & use to again start with 1 to 99 in the same manner on right hand & counted 200 in the shown manner in below pic No. 200. Using left hand. Please note it is left hand.



After completing 200 Prophet & use to again start from 1 to 99 in the same manner on right hand & counted 300 on the left hand as shown in the below pic No. 300.



After completing 300 Prophet suse to again start from 1 to 99 in the same manner on right hand & counted 400 in the shown manner in below pic No. 400 Using left hand.

Please see in right hand we have completed till 90 on thumb & index finger & nine more on little, ring & middle fingers of right hand this completes 99 on right hand.

And see the left hand we have open the little finger and it counts 400. Remember at right hand it was 4. Please refer counting 1 to 9.



After completing 400 Prophet  $\clubsuit$  use to again start from 1 to 99 on the right hand in the same manner & counted 500 on left hand in shown manner in below pic No. 500.

Please remember the opening of ringer was 5 at right hand & at left hand it is 500.



After completing 500 Prophet suse to again start from 1 to 99 on right hand in the same manner & counted 600 in the shown manner in below pic No. 600. Using left hand.

Please note this time the middle finger of left hand is opened, but the ring finger is closed, which was opened while counting 500. Remember we did the same to count 6 in right hand.



After completing 600 Prophet & use to again start 1 to 99 on right hand in the same manner & counted 700 on the left hand in the shown manner in below pic No. 700. Please note the left little finger is towards the wrist. The same we did while counting 7 on right hand that means that 7 on right hand is 700 on left hand.



After completing 700 Prophet & use to again start from 1 to 99 on right hand in the same manner & counted 800 in the shown manner in below pic No. 800. Please see both fingers of left hand are toward the wrist. As we did in right hand to count 7, 8 & 9. Please note the position of right hand it in on 90 & 9 more we will on little, ring & middle finger of right hand.



After completing 800 Prophet & use to again start 1 to 99 on right hand in the same manner & counted 900 on the left hand in the shown manner in pic No. 900. Please note that all three fingers are toward the wrist.



After completing 900 Prophet & use to again start from 1 to 99 on the right hand in the same manner & counted 1000 to 9000 on the left hand using left thumb & left index finger. In the same manner as counted from 10 to 90 on the right index & right thumb. This time Prophet & use left index & left thumb for counting from 1000.

This pic No. 1000 is for 1000 note the left hand tip of index finger touching the lower end of left thumb by this we completed till 1000.



After completing 1000 Prophet & use to start counting from 1 to 99 on right hand in same manner as mentioned before & from 100 to 900 on left hand little, ring & middle fingers & count thousands with left index & left thumb. Prophet ## use to count 2000 in the shown manner in pic No. 2000.



After completing 2000 Prophet & again use to count 1 to 999 in the same manner & counted 3000 in the shown manner in pic No. 3000, using left hand.



After completing 3000 Prophet & again use to count 1 to 999 in the same manner & counted 4000 in the shown manner in pic No. 4000 using left hand.



After completing 4000 Prophet & again use to count 1 to 999 in the same manner & counted 5000 in the shown manner in below pic No. 5000 using left hand.



After completing 5000 Prophet & again use to count 1 to 999 in the same manner & counted 6000 in the shown manner in below pic No. 6000 using left hand.



After completing 6000 Prophet & again use to count 1 to 999 in the same manner & counted 7000 in the shown manner in below pic No 7000 using left hand.



After completing 7000 Prophet & again use to count 1 to 999 in the same manner & counted 8000 in the shown manner in below pic No. 8000 using left Hand.



After completing 8000 Prophet & again use to count 1 to 999 in the same manner & counted 9000 in the shown manner in below pic No. 9000 Using left hand.



After completing 9000 Prophet & use to again count from 1 to 999 in the same way. By this we complete 9999.

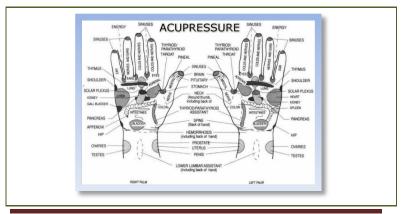
# Science & Sunnah of Tasbeh (zikr): -

The main tenet of acupressure is, every organ (element) in the human body is directly related to specific points of your palm and sole. The relation of these points and organs has not been found yet, but it is known that there is a reciprocal transfer of energy between the points and the elements. Certain points of your palm and sole represent certain organs in the system. By applying pressure on these points the energy flow can be directed to the related element. Pressure cannot be applied haphazardly. There is a certain way of doing it. With the help of pressure the efficiency of the related element can be increased and that organ can be made disease free. How exactly does this technique work, no one has been able to find out yet; but it sure does work and there is no second thought about it.

Dr. Fitzgerald, the Founding Father of Zone Therapy, says that the ends of arteries in palm and sole get hidden due to some factors blocking free travel of the electro-magnetic waves inside our body. The pressure applied on those points allows the free movement and makes us healthy. Every organ's respective point is present on both the palm and sole, but still the experts recommend and give more importance to the points located on the sole for the treatment of the disease.

Acupressure stimulates the body to cure itself. Acupressure is defined as an ancient healing art that uses the fingers to gradually press key healing points, Acupressure relieves energy blockages. The energy flow in your body affects everything - how you feel, how you think and how you breathe. While negative thoughts can block your energy flow, positive thoughts can increase your healing energy. These energy blockages occur at the acupressure points.

Acupressure Therapy is renowned for its ideal for self-treatment and preventive health care by boosting the immune system, Release tension, Increase circulation, Reduce pain, Develop spirituality and vibrant health, Acupressure uses gentle to firm finger pressure in the pressure points.



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## Lesson no 43. Ramzaan (Proper eating habits in Ramzaan):





Come let's follow the Eating habits & teachings of Prophet 👼 this Ramzaan & pick the Barkat & be diseases free. Let this Ramzaan be the best Ramzaan of our life. Come join the mission of leaving wrong eating habits & adopt the respected Eating habits & teachings of Prophet & in Ramzaan so that the whole year will be peaceful for us Inshaallah. References of all below are in Books of Sunnah.

**Note:** To confirm the references please refer lesson no. 41 Eating Habits of Prophet &.

# In this lesson you will get topics like: -

- 1. Some wrong eating habits in Ramzaan, which are against the teachings of Prophet &.
- 2. Some tips on, proper eating habits, in light of teachings of Prophet & & modern science.
- 3. Scientific benefits of Islamic Fasting (roza).

Some wrong eating habits in Ramzaan: -

- 1. We eat fruits along with food stuff while breaking the fast; In respected Ouran, fruits are mentioned first, that means fruits should be eaten first. (May be may not be).
- 2. We eat fry items, boil items, snacks, cooked food, milk products etc all together or combination of some above said food items, this is against the eating habits of Prophet & means Nabi & never ate many items of food at same time. He & ate the simplest food.
- 3. Prophet & never ate lot of quantity & lot of variety (dishes) together at one time, as we do in Ramzaan while breaking the fast (iftaar).

Hazrat A'isha رضى الله عنها says that Nabi 🗸 & His family never ate full stomach (barley bread) for two consecutive days.

[Shamaa'il Muhammadiyah: 143; Book. 25; English Book. 24; Hadees. 135]

Migdam Bin Madikarib 🐗 says that Nabi 🐉 said: "Human fills no worse vessel than his stomach; few mouthful morsels are enough to keep the spine straight, if you want to fill it then fill 1/3 with food, 1/3 with water & keep 1/3 for air".

[Ibn Ma-jah: 3474; Book. 29; English vol. 4; Book. 29, Hadees. 3349]

It is Sunnah & taught by Nabi & to fill the 1/3 stomach by eating, 1/3 by water & keep 1/3 for air (means empty) & Nabi & ate only when felt hungry & never ate full stomach. Nabi & ate simple & inexpensive food.

[Shamail-e-Kubra; vol. 1; page no. 190 & 200]

- 4. Prophet & ate food to maintain the health & to satisfy the hunger & used food to treat diseases, we do not do so.
- 5. We eat & drink all together while iftaar & fill the stomach. Prophet & use to drink water after sometime of meals.
- 6. We eat speedily & do not chew the food properly, & take big morsels (niwala) in hurry to eat & go for magrib salah. Prophet 🐉 use to eat with three fingers (thumb, index & middle) & take small morsels & chew food properly. In hurry & hunger we forget to recite the fast breaking Dua also (Roza kholne ki Dua).

Kaa'b Bin Malik as said that Nabi as used to eat with three fingers and not wipe his before licking it (the fingers).

[Abu Dawud: 3848 Book. 28; English Book. 27; Hadees. 3839]

#### After finishing the meal it is Sunnah to lick the fingers.

- 7. We get involved in eating after aazaan (iftaar) & do not pray (Dua mangna) in haste & greed to eat.
- 8. Also we do not give answer of aazaan properly while iftaar.
- 9. We leave the dastarkhwaan (mat) as it is and get up after iftaar or meals, The Sunnah is that we should sit first & than spread the dastarkhwaan (mat) & than keep eatables on it, & after eating first, pick up the remaining eatables then pick the dastarkhwaan (mat) & than get up & leave the place.

Narrated by A'isha رضى الله عنها that Nabi ﷺ forbade standing up before the food had been cleared away.

[Ibn Ma-jah: 3419; Book. 29; English vol. 4; Book. 29, Hadees. 3294]

(Means first pick all the remaining eatables & pick the Dastarkhwaan (mat) & than get up).

- 10. We gents miss the magrib jamat due to eating.
- 11. Also we miss Esha & Tarahbih jamat due to lot of eating & wrong eating habits.
- 12. We get ill, during Ramzaan & suffer from indigestion, stomach pain, acidity, loose motions, food poisoning & etc due to wrong eating habits in Ramzaan.
- 13. We buy eatables, snacks etc from stalls which fail to keep hygiene & we get ill. Nabi & said eating in market place is immodesty.

[Shamail-e-Kubra; vol. 1; page. 85]

- 14. We eat a lot of spicy, oily & fatty food substances while iftaar.
- 15. Due to wrong eating habit & lot of eating after roza, we are criticized by other religions.
- 16. We have a lot of iftaar parties.
- 17. Ladies spend a lot of time in preparing various eating items which are not good for our health & not according to eating habits of Prophet ...

- 18. We have excessive gas, flatulence & acidity due to wrong eating habits.
- 19. We go to sleep after iftaar, Prophet & prohibited sleeping after meals.

Proper eating habits in Ramzaan in light of Sunnah (Teachings of Prophet ®) & Modern Science: -

This part of the lesson is very important, let's perform & spread these teaching so that this Ramzaan becomes the best Ramzaan of our life (Aameen).

1. Fruits are mentioned before meat in Quranic verses (chapter Al-Waqia 56: 20, 21. & chapter At-Toor 52: 22 in both verses, fruits are mentioned first.

We should eat some fruits of one or two variety only (not much) or maximum 3 varieties & 3 to 5 dates & drink a glass of sharbat of jaw sattu, or mix jaw (barley) sattu (2 teaspoon) in milk sharbat or in milk shake or in any other drinks, but do not drink plain water. Do not drink plain water.

2. Try to break the fast in masjid so that we can give answer of Azaan, pray Dua, offer magrib jamat & salah properly, we will not have to run or rush for the jamat which is against the teaching of Prophet ... (But remember the eatables should be fruits & Jaw sattu sharbat only).

This will help us to offer magrib salah peacefully than after magrib do other ibaadats or whatever work you have.

- Please note not to eat any eatables till 45 minutes to 1 hour, let the fruits get digested.
- Fruits are light to digest & give us instant energy, provide us vital vitamins & minerals which are important for our body, please let the body get the vital nutrition from the fruits.
- Than after 45 minutes to 1 hour of breaking the fast with fruits, the fruits will get digested than eat your meal, but the meal should be light like sareed. (Refer my Lesson no. 28 Jaw (barley) from part-1

or on my website www.tib-e-nabi-for-you.com or bloggers on www.drshakeel-tibenabi.com

I have given below about sareed, talbinah & jaw (barley) sattu.

Dear members please try the new method this Ramzaan & feel the difference, Insha Allah this Ramzaan will be our best Ramzaan of our life.

- After Isha & Taraweeh Salah, drink 1 glass of water every 45 minutes (total 4 glasses of plain water) Remember this time we are in warm climate & water is essential for the body.
- Try not to eat anything after Esha salah because you can eat well in sahri. If you eat after Esha salah also, the sahri is very soon the duration between Esha & sahri is not much.
- The food will not get digested till sahri & this may cause gas, indigestion & many other problems.
- And if we do not eat after Esha salah than we can eat well in sahri & we will get strength for the whole fasting day.
- If we have a strong hunger to eat after Esha salah, than we can eat a light soft diet like custard, pudding or any light homemade thing in little quantity.

Remember Ramzaan is not an eating month. We eat the whole 11 months. If you eat a heavy meal after Esha, that will not digest till sahri & you will not able to eat sahri properly.

- In Sahri do not eat biscuits, Bakery products, bread etc because they cause gas & get fermented soon in stomach. Eat sareed or talbinah which I had mentioned in my Lesson no. 28. Jaw (barley) in part-1 Talbinah is Sunnah of Prophet , this will be best, because it will give us all the nutrition required by the body & we will not feel thirsty. I have given detail about sareed, talbinah & jaw (barley) sattu further.
- Do not try to over eat because the amount we eat is not important, but how much we can digest is important. If the food remains in the stomach for a longer period it gets fermented in the stomach and will cause various problems like indigestion, gas, vomiting, motion, pain in stomach, sour blanching, acidity & etc and we will get irritated the whole day.

- Ramzaan is to kill the nafs, & by eating according to our nafs, this does not fulfill the aim of Ramzaan. Please do not feel negative, be positive & expect the truth. Pull yourself together and decide to eat iftaar & sahri according to the teaching of Prophet .
- Cook thin salan (gravy) soup like, with little spices, little fats (not much). Dip pieces of chapatti in it & eat, by this the food will get in equal condition, it will be light to digest & will keep us free from acidity & other problems; It will keep us free from excessive thirst.

Remember I had explained about talbinah in my previous lesson no 28. Jaw (barley) to known what is talbinah & how it is made please visit my website <a href="https://www.tib-e-nabi-for-you.com">www.tib-e-nabi-for-you.com</a> & bloggers on <a href="https://www.drshakeeltibenabi.com">www.drshakeeltibenabi.com</a> lesson on Jaw Barley, also I have given in this lesson further.

# Dear gent members please try to break the fast in Masjid because you will be free from following: -

- 1. Rushing & running for Magrib Salah,
- 2. Missing Magrib Salah,
- 3. Not doing Dua,
- 4. Not giving answer of Azaan,
- 5. Eating in haste,
- 6. Waiting for Wazoo,
- 7. Not getting place for Magrib Salah,
- 8. Joking while Iftaar and etc.

Jaw is very good for health and prevents thirst, Please drink any sharbat or juice containing jaw sattu as you get up for sehri & than pray Tahaj'jud salah & do other ibaadats. Than eat sahri. (Sareed it best for sahri), Prophet B liked sareed very much amongst all dishes, Lets alive his Sunnah this Ramzaan. (Eat sareed twice a week at least).

# Scientific benefits of Islamic fasting (Roza): -

- 1. Islamic fasting strengthens the immune system.
- 2. Protects the body against many diseases.
- 3. Improves function of lymphatic cells.
- 4. Increases in number of T lymphocytes.

- 5. Increases antibodies in blood.
- 6. Protects us from obesity.
- 7. Improves metabolism of the body.
- 8. Increases physical energy.
- 9. Reduces chances of kidney stones because by fasting, sodium in blood increases & prevents crystallization of calcium in kidneys.
- 10. Removes accumulated toxins out of the body.
- 11. Controls sexual desire.
- 12. Controls cholesterol, testosterone levels.
- 13. Prevents thrombosis, diabetes, atherosclerosis, blood pressure, heart diseases, peripheral vascular diseases, rheumatoid arthritis, acidity etc.
- 14. Acts on healing of ulcers.
- 15. No harm to pregnant & nursing women.
- 16. Fasting improves digestion & absorption.
- 17. It gives rest to all systems of the body like digestive system, endocrine system & etc.
- 18. It gives the body a chance to use out the stock & stores of the body, like vitamin, fats, minerals & etc that were stored for the last 11 months.
- 19. A fresh storage system gets activated after the stores are empty.
- 20. Reduces fats of the body.
- 21. Fasting improves function of endocrine glands.
- 22. Reduces blood glucose & controls diabetes.
- 23. Improves fertility in women & men.
- 24. Improves ability to learn & memorizing.
- 25. Sick & weak cells are destroyed.
- 26. Improves muscles function.
- 27. Improves heart rate.
- 28. The body gets a retro grade change Retro grade changes means opposite to normal way. Means for the last 11 months we eat in day & fast at nights & in Ramzaan we fast in day & do not fast at nights. This is retro grade changes, & it is very necessary according to modern science for all functions & systems of the body. Example retro grade rotation is found in mars planet & other planets. And earth is going to have a retro grade rotation also, according to Prophet \*\Bar{\textit{s}}'s sayings. There are many more scientific benefits of Islamic fasting.

## Method of preparing Talbinah:

- 1. Take 2 to 3 tsp of barley sattu.
- 2. Add the sattu in 1 glass milk & mix vigorously in mixer or manually.
- 3. Than boil the mixture properly on a low flame for 3 to 5 minutes till the mixture gets thick & fumes of barley & milk comes.
- 4. Than let it cool a little and add 3 to 5 teaspoon of honey in it.
- 5. Then use it in Luke warm condition.
- 6. Give talbinah to ill patient, old, pregnant & etc.
- 7. Always prepare fresh & serve.

## How to prepare jaw (barley) Sattu:

- 1. Take some barley grain with husk.
- 2. Take a pan, put some pure ghee in it & heat the ghee.
- 3. Then put the barley grains in the pan and roast them.
- 4. Then keep them for self cooling.
- 5. Then grind them into flour (Also you can roast the flour) and store (This is sattu).

# What is sareed & how to prepare it?

- 1. Take some meat of goat or lamb; cut the meat into small pieces than boil it, as we do while preparing soups.
- 2. Smash the boiled meat into small fibers (especially of lamb or goat). Take required amount of water & put the smashed meat in it along with the soup obtained while boiling the meat & prepare soup in routine way.
- 3. When the soup is ready put small pieces of barley chapatti or bread in it & cover the vessel with a plate for 5 minutes than serve it.

# Question & Answer regarding uses of inhalers in Ramzaan / Fasting: -

Answers given by General Supervisor: Shaikh Muhammad Saalih Al-Munajjid & Shaikh Muhammad Ibn Saalih Al-'Uthaymeen.

**Question:** Is it permissible to use a nasal spray that contains a percentage of alcohol? Does it break the fast for one who is fasting? I have an allergy to dust that causes me to sneeze continually (as much as 60 sneezes in succession). The doctor has prescribed for me medicine in a spray that contains 0.25% of alcohol. I only use this medicine in urgent cases, but I do not know whether it is permissible for me to use this medicine or not. And what is the ruling on using it in Ramzaan in particular?

**Answer:** We inform you that there is nothing wrong with using this medicine that contains that percentage of alcohol, which is very low and is dissolved in the medicine and there is no apparent trace of it, so it does not come under the ruling prohibiting alcohol. We have quoted the fatwas of the scholars concerning that. Using sprays for allergies does not invalidate the fast according to the correct opinion, whether they are administered through the nose or through the mouth, as they are in the form of vapour and do not contain any solid matter that enters the stomach.

*Question:* I have an allergy that affects my nose and I use a nasal spray to treat it. If I do not use it, it causes me great difficulty in breathing and I cannot do without the medicine for more than three hours. If I do not use it, it will make breathing very difficult. The problem is that the month of Ramzaan is coming and I use this medicine and am afraid it will affect my fast, but if I stop using it I cannot cope. Please note that on some days in Ramzaan, I did use it but I am very careful to prevent it from reaching my throat. What is the ruling on that? And what is the ruling on using it?

**Answer:** The spray that you are using is like a kind of gas because it is dispersed in the air and does not reach the stomach. As that is the case, we say that there is nothing wrong with using this spray when you are fasting and you are not breaking the fast by doing that because - as we have said – no part of it reaches the stomach because it is something that is dispersed in the air and disappears and no particle of it reaches the stomach such that we could say that it is something that breaks the fast. So it is permissible for you to use it when you are fasting.

[Fataawa Noor 'ala al-Darb, tape. 44]

# Lesson no. 44 Wet cupping (Hijamah) (الحجامة): -





Hijamah (Cupping)

Instrument for Hijamah (Cupping)

# About Hijamah (Cupping):

Hijamah (wet cupping) (الحجامة) is Sunnah of Prophet 🕮 and all Prophets (a.s). Prophet 🕮 paid a lot of importance to Hijamah (الحجامة) & also underwent this therapy. There is cure for all diseases by it; This Sunnah was neglected by us since many years. Believe me we will be able to cure many diseases through it, but do not keep intentions of earning money. My aim is to spread it to every home (ladies and gents, children). Also do Hijamah according to the principles of Prophet &'s teachings.

#### Names

- 1. In Arabic & Hadees it is called as Hijamah (الحجامة).
- 2. In English it is called as Cupping.
- 3. In Urdu it is called as Pachhna.
- 4. In Sanskrit it is called as Rakta Mokshan.

## Introduction: -

#### There are 2 types of Hijamah (الحامة).

Wet: - In which vacuum on a required site is done, followed by giving cuts on the vacuumed site, followed by vacuum of blood. By it many toxins and waste products of the body and blood comes out and there are many health benefits which will come in the later part of the lesson. This is liked and appreciated by Prophet . (Wet cupping (hijamah) is of two types: -

- 1. Giving cut on skin
- 2. Giving cut on vein
- 1. Prophet 😹 liked and appreciated wet cupping (Hijamah) (الحجامة).
- 2. It is Sunnah of all Prophets (a.s)
- 3. By it all diseases can be cured.
- 4. It can also be used for the person affected with black Magic.
- 5. Can be used to all (expect very weak, very old, small children and pregnant. (But for pre eclampsia and eclampsia it can be used with full precaution).
- 6. It is easy to learn and do.
- 7. Everybody can do it.
- 8. In wet cupping (Hijamah) the blood is removed from superficial skin by vacuum method & in other type cut is given on veins & blood is drawn out directly for a while. This is called as Venous-section in medical terms.

**Dry cupping:** - In it the required site is only vacuumed and no cuts are made nor blood in sucked out.

Prophet &'s guidance about Hijamah:

الحجامة) Merits of Hijamah (الحجامة): -

- 1. Hazrat Ibn Abbas رخى الله عنهيا says that Nabi 🎄 said that there is Shifa (شفاء) (healing) in 3 things:
  - A drink of Honey (شربةعسل),
  - A cut of Hijamah (الحجامة) (for Wet Cupping),
  - Cauterization (کیهبناء) (It is burning therapy).

But Nabi ﷺ forbid Cauterization (کیهبناء) to ummat (means dislike).

[Ibn Ma-jah: 3620; Book no. 31; English vol. 4; Book. 31, Hadees. 3491]

- 2. Hazrat Jabir الشفاء present in wour medicines, than they are:
  - A cut of Hijamah (الحجامة) (for wet cupping)
  - 🥟 A drink of honey (شربةعسل)
  - 🕝 Cauterization (کیهبناء) with fire (if it is necessary) but it is dislike.

[Bukhari: 5683; Book. 76; English vol. 7; Book. 71; Hadees. 587]

3. Hazrat Ibn Abbas رضى الله عنها says that Rasoolullah ﷺ said that "Amongst the treatment you do, the best is to put medicine (دواء) in nose (الليود), To put medicine (دواء) in one side of mouth (الليود), Hijamah (الحجامة) (Cupping) & Walking (الحجامة).

[Tirmizi: 2184; Book. 28; English vol. 4; Book. 2, Hadees. 2047]

(الهشى) Walking here is considered as movement of intestine by Imam Qayyim u & senna is best to use as a laxative; please refer lesson no. 25. Also there are more Hadees in which it is advised to put medicine in nose.

4. Hazrat Anas لله says that Rasoolullah هه said that the best thing which can be used for healing, is Hijamah (الحجامة) (Wet Cupping) and Al Qust Al Bahri (القسط البحرى) (white costus) & said do not press the back of the throat of your children for Azrah (العزرة) (a throat infection) but use Al-Qust (costus).

[Bukhari: 5696; Book. 76; English vol. 7; Book. 7; Hadees. 599]

Please refer lesson no. 24 Costus (Qust) in part -1.

5. Hazrat Abu Hurairah الحجامة says that Nabi الحجامة said if there is anything excellent which can be used for treatment; it is Hijamah (الحجامة) (Wet Cupping).

[Ibn Ma-jah: 3605; Book. 31; English vol. 4; Book. 31, Hadees. 3476]

6. Hazrat Ibn Abbas رخى المعبيا says that Nabi هج said: "What a nice salve is the cupper (person who does Hijamah (الحجامة) (Wet Cupping)), he removes toxins from blood, lightens his back & sharpens his eye sight & said that at the Night of Mehraaj every group of Angels (Farishtaas) that Rasoolullah هه passed said: "O Muhammad you should use Hijamah (cupping).

[Ibn Ma-jah: 3606 & 3607; Book. 31; English vol. 4; Book. 31, Hadees. 3477, 3478]

7. Narrated by Jabir Bin Abdullah & that he visited Hazrat Muqanna'a & during his illness, & told him that till you will not undergo Hijamah (عامة) therapy, I will not go back from your place, because Nabi & says that there is cure in Hijamah (عامة) (Wet Cupping).

[Bukhari: 5697; Book. 76; English vol. 7; Book. 71; Hadees. 600]

8. Hazrat Samira Bin Jandab هه says that one person among Bani Faraazah came to Rasoolullah هه, that time Rasoolullah هه was undergoing Hijamah (الحيامة) therapy & the therapist was applying cut for Hijamah (الحيامة), the person asked "Oh! Rasoolullah هه, what are you undergoing"? Rasoolullah هه answered "This is Hijamah (الحيامة), it is the best treatment among the other treatment which people do".

[Tibbun Nabawi: 180]

9. Hazrat Abu Hurairah المعادية says that Nabi المعادية said: "Among the treatment you do, if anything has Khair (المجامة), it is Hijamah (المجامة).

Abu Dawud: 3857; Book. 29; English Book. 28; Hadees. 3848]

10. Abbad Bin Mansur narrated from Hazrat Ikremah الله says that Hazrat Ibn Abbas رضى الله عنبيا had 3 slaves (gulam) who use to do Hijamah (الحجامة), Among 3, two uses to bring grocery etc & one use to do Hijamah (الحجامة) for him & his Family members & Ibn Abbas رضى الله عنبيا

says that Rasoolullah ه said "The Best Slave (gulam) is who knows to do Hijamah (الحيامة) & removes the blood, by this, problems of back & spine goes, eye sight improves," & Rasoolullah said: "When I went to Mehraaj, the groups of Angels (farishtaas) I passed said undergo Hijamah (الحيامة) & the best days are 17th or 19th or 21st (Moon days) & Rasoolullah said "The best way for treatment is to put medicine in nose, to put medicine in one side of mouth, A cut of Hijamah (الحيامة) & Laxatives & said that Rasoolullah was also given medicine by mouth & Rasoolullah said that "In my Family members all were given medicine, except Abbas, (because he never needed medicine).

[Tirmizi: 2191; Book o. 28; English vol. 4; Book. 2, Hadees. 2051.]

Laxatives are the food products or medicine which cleans the intestines by inducing stools).

## Condition while Hijamah:

11. Hazrat Ibn Umar رضىالله عنها) (Wet Cupping) on empty stomach is best for cure, (& has) blessing & improves memory & intellect. (It is a long Hadees).

[Ibn Ma-jah 3616; Book. 31; English vol. 4; Book. 31, Hadees. 3487]

12. Narrated by Ibn Abbas رضى الله عنهيا that Nabi ﷺ underwent Hijamah (الحجامة) (Wet Cupping) during fast.

[Bukhari: 5694; Book. 76, English vol. 7; Book. 71; Hadees. 597]

Wet cupping is allowed during fasting only if it is very much needed)

13. Hazrat Ibn Abbas رضى الله عنبها says that Nabi ﷺ underwent Hijamah (الحجامة) (Wet Cupping) because of pain due to poisoned meat.

[Hasan Ahmed 1/305]

14. Narrated by Ibn Abbas رضى الله عنهيا that Nabi ﷺ underwent Hijamah (wet cupping) in the state of Ihram.

[Bukhari: 5695; Book. 76; English vol. 7; Book. 71; Hadees. 598]

# Hijamah (الحجامة) for women:

15. Narrated by Jabir المجامة that Hazrat Umme Salma رحتى الله عنها ask for permission for Hijamah (الحجامة) (Wet Cupping) from Nabi هه the respected Nabi هه allowed her to undergo Hijamah (الحجامة) & Nabi هه asked Abu Taibah to do Hijamah (الحجامة) to her.

[Ibn Ma-jah: 3609; Book. 31; English vol. 4; Book. 31, Hadees. 3480]

16. Jabir الله reported that Abu Taibah was Razai Brother (foster brother) of Hazrat Umme Salma دفيالله عنها & and he was small.

[Muslim: 2206; Book. 39; English Book. 26; Hadees. 5469]

Razai Brother means both has drank milk of same woman (in childhood), & in Islam drinking milk of the same woman, are milk related brothers & sisters (foster).

#### **About Hijamah Price: -**

17. Narrated by Anas Bin Malik & that Nabi & was treated with cupping and gave the cupper his wages.

[Ibn Ma-jah: 2248; Book. 12; English vol. 3; Book 12, Hadees. 2164]

18. Narrated by Ibn Abbas رضى الله عنها that Nabi ﷺ underwent Hijamah (الحجامة) & paid the person & then took Saut *(medicines sniffed through nose)*.

[Bukhari: 5691; Book. 76; English vol. 7; Book. 71; Hadees. 595]

19. Narrated Anas الحجامة that Nabi ه gave 2 sa'a of food to Abu Taibah for doing Hijamah (الحجامة) (Wet Cupping) to Nabi ه & ordered his master to reduce taxes on Abu Taiyabi.

[Bukhari: 5696; Book. 76; English vol. 7; Book. 71; Hadees. 599]

(He was a slave & had to pay taxes to his master).

20. Hazrat Ibn Abbas & Anas Bin & Malik said that Nabi & under went Hijamah & paid the person & never with hold the wages of anyone & put by medicine in the nostril.

[Muslim: 1202, 1577 d; Book. 39; English Book. 26; Hadees. 5474, 5475]

21. Narrated by Aun Bin Abu Juhaifa that I saw my father buying a slave whose profession was cupping and ordered that his instruments (of cupping) be broken. I asked him the reason for doing so. He replied, Nabi & prohibited taking money for blood, the price of a dog and the earnings of a slave-girl by prostitution; he cursed her who (do) tattooing and her who gets tattooed, the eater of Riba (usury) and the maker of pictures."

[Bukhari: 2238; Book. 34; English vol. 3; Book. 34; Hadees. 440]

#### Please Note:

At Nabi ﷺ's time the price for Hijamah (الحجامة) doing was never fixed, & whatever the person was given to do Hijamah (الحجامة) (Wet Cupping), use to except happily.

[Islamic medicine by Yusuf Al-Hajj Ahmad]

#### On Mehraaj night:

22. Hazrat Anas Bin Malik 💩 says that Nabi 🐉 said: "On the Night of Me'raaj (البلائكة) every group of Angels (ليلةالاسراء) (farishtaas) I passed, said to me, tell your ummat to use Hijamah (الحجامة).

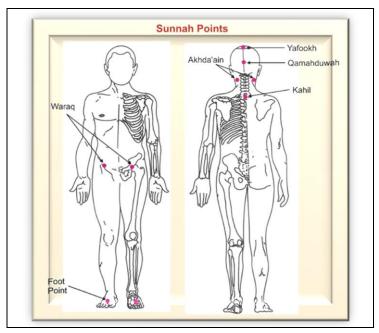
[Ibn Ma-Jah: 3608; Book. 31; English vol. 4; Book. 31, Hadees. 3479]

23. Hazrat Ibn Masud 🎄 says that Nabi 🖓 said that during the Night of Mehraaj every group of Angels (Farishtaas) that I passed said to me: O' Muhammed ﷺ! Order your Ummat to use Hijamah (الحجامة).

[Tirmizi: 2190; Book. 28; English vol. 4; Book. 2, Hadees. 2052]

24. Hazrat Ibn Abbas & Anas Bin Malik & says that Nabi & said: "What a nice salve is the cupper (person who does Hijamah (الحجامة) (Wet Cupping)) & removes toxins from blood, lightens his back & sharpens his eye sight & said, that at the Night of Mehraaj every group of Angels (Farishtaas) that I passed said "O Muhammad !! You should undergo Hijamah (cupping).

[Ibn Ma-jah: 3606, 3607; Book. 31; English vol. 4; Book no. 31, Hadees. 3477, 3478]



#### <u> Sites on which Prophet 🕮 underwent Hijamah (Wet Cupping): -</u>

25. Hazrat Anas Bin Malik الحجامة (الحجامة) (Wet Cupping) on his (respected) top of foot, due to pain in his foot, in the state of Ihram.

[Abu Dawud: 1837; Book. 11; English Book. 10; Hadees. 1833]

26. Hazrat Abdullah Ibn Abbas رضى الله عنبيا says that Nabi ﷺ underwent Hijamah (الحجامة) (Wet Cupping) on his (respected) middle head, in the state of Ihram, due to headache.

[Abu Dawud: 1836; Book. 11; English Book. 10; Hadees. 1832]

27. Narrated Jabir Ibn Abdullah & Nabi & had him cupped above the thigh for a contusion from which he suffered.

[Abu Dawud: 3863; Book. 29; English Book. 28; Hadees. 3854] (Contusion is an internal injury with bluish bruising).

28. Narrated by Hazrat Abdullah Bin Buhainah 🐗 says that Nabi 🦓 underwent Hijamah (المحامة) on the centre of his head (Yafookh) and he was in Ihraam, while his journey to Makkah (Name of the place where they stopped is mentioned as lahvi jamal). Ibn Abbas further said: Nabi 🐉 was cupped on his head for unilateral (one sided) headache while he was in a state of Ihram.

[Bukhari: 5698, 5699, 5700, 5701; Book. 76; English vol. 7; Book. 71; Hadees. 601, 602]

29. Narrated by Anas 🐞 that Nabi 🐉 would get hijamah done on his jugular veins (sides of neck) & upper back & he would undergo it on 17th or 19th or 21st.

[Tirmizi: 2189; Book. 28; English vol. 4; Book. 28, Hadees. 2051]

30. Narrated by Salmah رضىالله عنها the maid-servant of Nabi 🍇 said: No one complained to Nabi & of a headache but he told him to get himself Hijamah (wet cupping), or of a pain in his legs but he told him to dye them with henna.

[Abu Dawud: 3858; Book. 29; English Book. 28; Hadees. 3849]

31. Hazrat Jabir 🐗 says that Nabi 🦓 underwent Hijamah (الحجامة) (Wet Cupping) because of bruising; He & suffered due to a fall.

[Ibn Ma-jah: 3614; Book. 31; English vol. 4; Book. 31, Hadees. 3485]

32. Hazrat Abdullah Ibn Umar رضىالله عنهيا reports that Nabi 😹 underwent Hijamah (الحجامة) on his head & use to call the region <u>UMM MUGHEETH</u> (the place at the top of the head).

[Al-Jaam'e Al-Sageer: 4804]

33. Hazrat Abu Kabsha Ansari 🐞 says that Nabi 🐉 use to undergo Hijamah (الحجامة) (Wet Cupping) on head & upper back (KAHIL) (between the two shoulders) & use to say that the person who undergoes Hijamah (الحجامة) at these parts & removes his blood, now it does not matter if he does not seek treatment for anything else. (After Hijamah).

[Ibn Ma-jah: 3613; Book. 31; English vol. 4; Book. 31, Hadees. 3484]

34. Hazrat Abu Rehmaan Bin Abi Laila الحجامة underwent Hijamah (الحجامة) (Wet Cupping) on His respected Head because somebody did Saher (Black Magic).

[Zaad Al-Maad 125/4]

35. Hazrat Ali says that Hazrat Jibrail (head of Angels) brought the message to Nabi : "Do Hijamah at Neck (Akhda'ah) (posterior jugular vein) & upper back between the shoulders. (KAHIL).

[Ibn Ma-jah: 3611; Book. 31; English vol. 4; Book. 31, Hadees. 3482]

36. It is mentioned in Tabraani that Nabi sunderwent Hijamah (wet cupping) on the Qamahduwah (above the nape cavity of neck), for it cures seventy two kinds of ailments.

[Tabraani]

37. It is mentioned in Abdul Razzaq (A Book Of Hadees) that In Qazawah khybre, Nabi & was poisoned by a Jewish woman in roasted meat of Sheep, he underwent Hijamah at 3 point on the kahil, (upper part of back) (It is believed that 1st cup was applied on Kahil (upper back), 2nd behind the heart (at the left of kahil), & the 3rd was either a little bit lower to this point or on the right side of the kahil, Allah knows the best).

[Musannaf Abdul Razzaq]

#### Week days & Hijamah: -

38. Hazrat Ibn Umar رخى الله عنهيا said: 'O Nafi'! The blood is boiling in me. Bring me a cupper but let it be someone gentle if you can and let him be a young man, not an old man or a boy, for I heard' Nabi ﷺ saying that Hijamah (الحيامة) on empty stomach is best, in it, there is cure & blessings, it improves intellect & memory & further said do (undergo) Hijamah (الحيامة) yourselves with blessings of Allah Ta'ala on thursday & keep away from Hijamah (الحيامة) on wednesday, friday, saturday & sunday (to be safe) & said perform Hijamah (الحيامة) on monday & tuesday for it is the days Allah saved Hazrat Ayyub ﷺ from a trail (aazmaeesh) & he was inflicted with the trail on wednesday & said

You will not find (skin diseases like) Juzaam & Barss, except on Wednesday (or Wednesday night).

[Ibn Ma-jah: 3616, 3617; Book. 31; English vol. 4; Book. 31, Hadees. 3487, 3488] Please note many scholars advice not to shave hairs on Wednesday.

39. Hazrat Abu Hurairah الحجامة (المجامة) on Wednesday & if, he suffers from (skin diseases like) Barss (برص) or Bayadh (بياض) (Vitiligo), than he should scold himself.

[Musnad Bazzar: 3022]

40. Hazrat Kabshah رضى الله عنها (daughter of Abu Bakkar ﴿﴿﴿﴾) says that her father forbid his family for Hijamah (الحجامة) on Tuesday & used to assert on the authority of Nabi ﷺ that that Tuesday is the day of blood in which there is an hour when it does not stop.

[Abu Dawud: 3862; Book. 29; English Book. 28; Hadees. 3853]

## Month Days for Hijamah (الحجامة): -

41. Hazrat Anas Bin Malik المجامة says that Nabi said those who intend to do Hijamah (المجامة) (Wet Cupping) seek out the seventeenth, nineteenth or twenty-first (of the month); and let none of you allow his blood to rage so that it kills him."

[Ibn Ma-jah: 3615; Book. 31; English vol. 4; Book. 31, Hadees. 3486]

42. Hazrat Abu Hurairah says that Rasoolullah said that If anyone has himself cupped on the 17th, 19th and 21st it will be a remedy for every disease (Islamic dates).

[Abu Dawud: 3861; Book. 29; English Book. 28; Hadees. 3852]

43. Hazrat Ibn Abbas رضى الله عنهيا says that Rasoolullah ﷺ said: "When I went to Mehraaj, the groups of Angels I passed said undergo Hijamah (الحجامة) & the best days are 17<sup>th</sup> or 19<sup>th</sup> or 21<sup>st</sup> (of Islamic dates).

[Tirmizi: 2191; Book. 28; English vol. 4; Book. 2, Hadees. 2051]

## Hijamah for poisoning: -

44. It is mentioned in Abdul Razzaq (A Book Of Hadees) that In Qazawah khybre, Nabi & was poisoned by a Jewish woman in roasted meat of

sheep, He sunderwent Hijamah at 3 point on the kahil, (upper part of back) (It is believed that 1st cup was applied on Kahil (upper back), 2nd behind the heart (at the left of kahil), & the 3rd was either a little bit lower to this point or on the right side of the kahil, Allah knows the best).

[Musannaf Abdul Razzaq]

45. Narrated by Abu Hurairah : A Jewish presented a poisoned sheep to Nabi : but He : did not interfere with her. Abu Dawud said: The Jewish who poisoned was sister of Marhab.

[Abu Dawud: 4509; Book. 41; English Book. 40; Hadees. 4494]

46. Narrated by Anas Bin Malik . A Jewish brought a poisoned (cooked) sheep for Nabi . who ate from it. She was brought to Nabi . and He was asked, "Shall we kill her?" He said: "No." I continued to see the effect of the poison on the palate of the mouth of Nabi .

[Bukhari: 2617; Book. 51; English vol. 3; Book. 47; Hadees. 786]

47. Hazrat Ibn Abbas رضى الله عنها says that Nabi ﷺ underwent Hijamah (الحجامة) (Wet Cupping) because of pain due to poisoned meat.

[Hasan Ahmed 1/305]

#### Hijamah for (Saher) Black magic: ·

48. Hazrat Abdul Rehmaan Bin Abi Laila الحجامة said that Nabi ه underwent Hijamah (الحجامة) (Wet Cupping) on his respected head because somebody did Saher (Black Magic).

[Zaad Al-Maad 125/4]

#### 4 (four) best treatments: -

- 49. Hazrat Ibn Abbas رضى الله عنها says that Rasoolullah ﷺ said that "Amongst the treatment you do, the best is:
  - To put medicine (دواء) in nose (السعوط),
  - To put medicine (دواء) in one side of mouth (اللدود),
  - # Hijamah (الحجامة) (Cupping) &
  - Walking (الهشي).

[Tirmizi: 2184; Book. 28; English vol. 4; Book. 2, Hadees. 2047]

#### Hijamah on Fasting: -

50. Narrated by Hazrat Saubaan 🐗 that "I heard Nabi 🗸 saying 'The cupper and the one for whom cupping is done both break their fast."

[Ibn Ma-Jah: 1750; Book. 7; English vol. 1; Book. 7, Hadees. 1680]

(Please note we can do Hijamah while fasting only if it is very much needed else the cupper & the patient both, fast will break).

51. Anas an arrated, wet cupping was disliked for the one who is fasting was when Jafar Bin Abi Talib had himself cupped while fasting and Nabi came across him and said, "Those two have broken their fast (meaning Jafar and the man who was cupping him.)" But later Nabi allowed cupping for the one who are fasting. Anas used to have him cupped while he was fasting.

[Bulugh Al-Maram: 667; Book. 5; English Book. 5, Hadees. 688] (Related by Ad-Daragutni, who regarded it as a strong Hadees).

- 52. Narrated by Ibn Abbas رض الله عنهيا Nabi ﷺ was cupped while He ﷺ was fasting.

  [Bukhari: 5694; Book. 76; English vol. 7; Book. 71; Hadees. 597]
- 53. Ibn Abbas رضى لله عنها narrated Nabi ﷺ was cupped while he was fasting and in Ihram."

[Tirmizi: 775; Book. 8; English vol. 2; Book. 3, Hadees. 775]

#### Bath after Hijamah: -

54. Narrated A'isha رضى الله عنها that Nabi ﷺ used to take a bath from four things; after sexual intercourse, on Fridays, after extracting blood from his body and after washing a dead body.

[Bulugh Al-Maram: 112; Book. 1, English Book. 1, Hadees. 120]

## Questions & Answers About Hijamah

Question No. 1: Which are the best days of the week for cupping (hijamah)? Can cupping (hijamah) be performed on 17th, 19th and 21st if they come on Wednesday?

Answer No. 1: The best days for cupping (Hijamah) are Monday, Tuesday and Thursday and there is a prohibition (not allowed) for cupping (Hijamah) on Friday, Saturday and Sunday. However, cupping (Hijamah) can be performed, if it is very much needed or due to sickness,

on these days (on Friday, Saturday and Sunday). But on Wednesday, hijamah is not allowed to be performed at all, if the 17th, 19th and 21st comes on Wednesday then one must not perform (cupping) hijamah on this day due to the prohibition. If the 17th, 19th and 21st day comes on Friday, Saturday or Sunday then you can perform hijamah, only if it is necessary due to urgent need. Nabi & said "Whoever performs (cupping) hijamah on the 17th, 19th or 21st day (of Islamic dates) then it is a cure for every disease".

[Abu Dawud: 3861; Book. 29; English vol. 28; Hadees. 3852]

**Question No. 2:** What is the rule for performing cupping (hijamah) on Wednesday and Wednesday night (which precedes it)?

Answer No. 2: (Wet Cupping) Hijamah is prohibited on Wednesday due to a strong prohibition of (Wet cupping) hijamah on that day and its' night should not be done at all. (Refer Hadees no. 38).

**Question No. 3:** What are the rules to perform Hijamah on Friday, Saturday and Sunday and their nights?

Answer No. 3: It is not allowed (prohibited) Hijamah on these days. However, when there is urgent need of Hijamah for a sick person then Hijamah can be performed on these days.

**Question No. 4:** What are the rules for performing Hijamah on the nights of Monday, Tuesday and Thursday?

**Answer No. 4:** It is allowed to perform Hijamah on these days. Thursday is best, than Monday & Tuesday is the last option. However try to avoid Tuesday also as this is day of blood & bleeding may not stop soon.

**Question No. 5:** Are these following places from the Sunnah point:

a) Al-Kaahil

b) Al-Akhda'ain

c) Top of the head Umm Mugheeth

**Answer No. 5:** These are from the main points for hijamah and they are reported in the Sunnah. Hijamah is performed wherever it is required, such as the top and bottom of one's back, the middle of one's shin, or the back of one's heel.

**Question No. 6:** Are there any other Sunnah points for hijamah?

Answer No. 6: It is reported that Nabi # performed hijamah at the back of the heel due to pain being present there. (see diagram of Sunnah points).

**Question No. 7:** Is it from the Sunnah to keep repeating the hijamah every month or every year if the person is ill or not ill?

**Answer No. 7:** For a normal person it is good to do Hijamah every three months. As for the sick person then every month because cupping (Hijamah) is considered from the Prophetic medicine.

**Question No. 8:** Is it from the Sunnah to have a bath after Hijamah and after how many hours should one take a bath?

Answer No. 8: It is good to take bath after Hijamah as the Hadees mentions. But the person should take care of the cut region and apply antiseptic ointment or olive oil.

Hadees: - Narrated A'isha رض الله عنها that Nabi 🍇 used to take a bath from four things; after sexual intercourse, on Fridays, after extracting blood from his body and after washing a dead body.

[Bulugh Al-Muram: 112; Book. 1, English Book. 1; Hadees. 120]

Question No. 9: Are there any signs that a person is affected with magic, jealousy toward him/her, or evil eye (nazar) after Hijamah?

**Answer No. 9:** In most cases the person who is affected by magic or etc. will vomit after cupping (Hijamah) and sweat much. And may find it very difficult to continue hijamah, but should undergo Hijamah.

**Ouestion No. 10:** What does the following signs in the blood means; bubbles, strands of blood, white strands, blood bubbling over?

**Answer No. 10:** Bubbles: Could be due to air coming out due to hair or a broken cup. Strands of blood: Proof that the blood is not clean or the blood is clotting quickly due to blood clots in the body. White strands. This seems to be due to a particular disease and infected blood.

## Concepts of Ibn Al Qayyim u about Hijamah: -

He was a pioneer of His time as Hakim & etc, he considered concepts of Ibn Sina u

- 1. Hijamah purifies the superficial surface of the body & is safe for children, old, weak etc.
- 2. It is best in hot climate and diseases due to hot climate. (For blood pressure, heart diseases, lungs diseases etc).
- 3. It is Mustahaab.
- 4. Select the site according the diseases.
- 5. It is better to do in morning and on empty stomach.
- 6. Afternoon will be ok.
- 7. It is Mustahaab to do on Monday, Tuesday and Thursday.
- 8. And try to avoid on Wednesday, Friday & Saturday.
- 9. Do not do Hijamah immediately after bath.
- 10. It is better in summer & hot countries.

#### Other Rules: -

- 1. Do not drink alcohol, tobacco or etc for least 24 hours before & after Hijamah.
- 2. Do not drink cold water or cold drinks for at least 24 hours before & after Hijamah.
- 3. Do not have sex for at least 24 hours before & after Hijamah.
- 4. Clean the site with anti septic lotion & powders or olive oil before & after Hijamah.
- 5. Apply a small bandage at the site after Hijamah cuts.
- 6. Choose the site according to diseases & pain.
- 7. Upper back, shoulder, below neck & sides of neck are site of choice.
- 8. Toxins of body get collected at the upper back region, so Hijamah is done mostly on upper back.
- 9. Sites of acupuncture can be considered.
- 10. It corrects the lymphatic & blood flow.
- 11. Do not eat or drink immediately before & after Hijamah.

## Scientific benefits of Hijamah: -

1. Makes the blood pressure normal.

- 2. Can be used in eclampsia, chronic poisoning, polycythaemia & mal functioning of right or left heart.
- 3. Good in nephritis, blood diseases, pain, neuralgia, sciatica, rheumatic diseases, rheumatoid arthritis, diabetes, venous diseases, varicose vein, lymph edema, gouts, piles, B.H.P, thyroidism, low libido, gastric ulcers, bed wetting.
- 4. Atherosclerosis, obesity, migraine, eye diseases, liver diseases, convulsion, menstrual disorders.
- 5. Degenerative diseases of brain, psoriasis, uterine bleeding, emaciation, fibroids, elephantiasis, hemiplegia etc.

#### **Contraindications:**

#### (Means where Hijamah should not be under gone).

- 1. Low blood pressure, weak heart function.
- 2. Very weak person.
- 3. Fever, motions, vomiting, afraid.
- 4. HIV, hepatitis.
- 5. Immediately after bath, meals & sex.
- 6. Dialysis, valvular diseases of heart.
- 7. Haemophillia, allergy.
- 8. Anaemia, bleeding disorders, improper clotting time.
- 9. Unconsciousness & fits.
- 10. Patient taking heavy dose of aspirin, clopidrogel or warfarin.
- 11. Dengue, malaria, typhoid, chickengunya.
- 12. Pregnancy.

## Cut for Hijamah:

## Incision (cuts of Hijamah): -

It is better to cut the site according to lines of langerhans. Means in the direction & shape of below given lines (Because the Healing is faster & scars are less after Hijamah).





Science & Hadees regarding Hijamah: -

Some of the scientific aspects regarding the mode of action of Hijamah (Cupping Therapy) as follows: -

Dr. Naseer Saleh has written that: Hijamah (cupping therapy) is the process to extract nitrate toxicosis in humans which occurs through enter hepatic metabolism of nitrates to ammonia, with nitrite being an intermediate (Nitrites oxidize) the iron atoms in hemoglobin from ferrous iron (Fe2+) to ferric iron (Fe3+).

An Egyptian Physician *Dr Sahbaa* has written that Cupping exerts marked improvement on the clinical condition of patients especially visual analogue, scale of pain, it significantly reduces the laboratory markers of disease activity and it modulates the immune cellular conditions particularly of innate immune response NK (natural killers) cell % and adaptive cellular immune response SIL-2R.

Dr. Katase from Osaka University maintained: Hijamah (cupping) influences the composition of blood as it increases red and white blood cells and changes acidic blood into alkaline or neutral blood, resulting in its purification. It also cleanses the body of accumulated irritants that cause inflammation.

In the British Medical Journal Feb. 23, 1924 P; 352, Dr Robert J. Simons (French) has concluded that cupping is worthy of a place in modern therapeutics on the basis of following reasons:

After performing cupping, we observe that the colour of the skin changes from clear pink to dark red, due to extravasations of blood from the capillaries into the flesh. This deep tissue blood falls into decay; the red globules break up and set free the antitoxins that impregnate them. Besides that, we observe extensive polynucleosis, which enables the patient to resist infectious pathogens. In surgery, cupping is used in the treatment of deep abscesses, boils and anthrax after the incision. It draws up the matter, almost without pain and allows rapid healing of the wound.

In the Internet Journal of Alternative Medicine. 2007 Volume 4 Number 1, it is stated: At a biological level, similar to acupressure and acupuncture, cupping therapy works by stimulating or activating:

- (1) The immune system;
- (2) Encephalin secretion;
- (3) Neurotransmitter release:
- (4) Vasoconstriction and vasodilatation
- (5) The gates for pain in the CNS which interpret the pain sensation (NIH) Consensus Development Panel, 1998).

Lastly, it is believed that stimulation of cupping points can lead to the pain gates being overwhelmed by the increasing frequency of impulses, ultimately leading to closure of the gates and hence reduction in pain (Oumeish, 1998; Cad well, 1998).

In the *American Journal of Chinese Medicine*, Vol. 36, No. 1, p 42, it has been written that the mechanism of wet-cupping is dominated by influences in neural, hematological and immune system functioning.

In the Neural System, the main effect is likely regulation of neurotransmitters and hormones such as serotonin (of platelet), dopamine, endorphin, CGRP (Calcitoni-Gene Related Peptide) and acetylcholine. Moreover, it seems that wet-cupping has an effect on the negative charge of neuronal cells.

## In the hematological system, the main effect is likely via two pathways:

- (a) Regulation of coagulation and anti-coagulation systems (e.g. decrease in the level of hematological element such as fibrinogen) and
- (b) decrease in the HCT (Hematocrit), followed by increase in the flow of blood and in the end organ oxygenation.

#### In the immune system, the main effect is likely via three pathways:

- (a) Irritation of the immune system by producing local artificial inflammation, followed by activation of the complementary system and increase in the level of immune products such as interferon and TNF (Tumor Necrotizing Factor);
- (b) Effect on the thymus;
- (c) Control of traffic of lymph and an increase in the flow of lymph in lymph vessels.

Now let us revive the forgotten Sunnah of Our Beloved Prophet & and get blessings of Allah in this world and Hereafter.

## Conclusion of Hadees:

1. Hijamah (cupping) is among the best treatment for various health problems. Please refer Question & answer block.

## Blood Donation & Transfusion: -

Dear brother! You should know that the medical treatment should be done by permissible means of Islam. It is known that using shed blood is forbidden as mentioned in The Qur'an, Allah Says:

# إِنَّمَا حَرَّمَ عَلَيْكُمُ الْمَيْتَةَ وَاللَّمَ وَلَحْمَ الْحِنْزِيرِ وَمَا أُهِلَ بِهِ لِغَيْرِ اللَّهِ اللهِ

**Translation:** "He has forbidden you only the Maytatah (dead animals) (murdaar), blood and the flesh of swine," (pig). [Surah Baqarah: 173] He also Says:

<u>Translation:</u> Forbidden to you (for food) are: Al-Maytatah (the dead animals - cattle-beast not slaughtered), blood." [Surah Maidah: 3]

But if a person is compelled to use the blood of a person and there is no other way for his treatment, then using it is permissible provided that medical authorities confirm that this is the only way for this treatment. Because Allah says after declaring it forbidden:

<u>Translation:</u> But if one is forced by necessity without will disobedience or transgressing due limits, then there is no sin on him. [Surah Bagarh: 173]

<u>Translation:</u> while He has explained to you in detail what is forbidden to you, except under compulsion of necessity? And surely may do lead (mankind) astray by their own desires through lack of knowledge. Certainly your Lord knows best the transgressors."

[Surah An'aam: 120]

Therefore, one can donate his blood if this does not cause him any harm. It is permissible also to make this request from a Muslim or someone else for the purpose of saving the lives of compelled people be they Muslims or non-Muslims who are not in a state of war with Muslims.

Therefore, whoever donates his blood to save the lives of people, indeed, he gets a good reward for that if he does so for the sake of Allah. He Says:

Interpretation of Meaning: Whoever brings a good deed (Islamic Monotheism and deeds of obedience to Allah and His Messenger ) shall have ten times the like thereof to his credit and whoever brings an evil deed (polytheism, disbelief, hypocrisy and deeds of disobedience to Allah and His Messenger shall have only the recompense of the like thereof and they will not be wronged.

[Surah An'aam: 161]

Allah also Says:

<u>Translation:</u> So whomsoever does good equal to the weight of an atom (or a small ant), shall see it. And whomsoever does evil equal to the weight of an atom (or a small ant), shall see it.

[Surah Zilzal: 7,8]

No one knows the amount of reward Allah will grant him for this act.

[Fatwa no. 87533; date 3<sup>rd</sup> Rabee' Al-Awwal 1425; 22-4-2004]

## Question & Answer on Blood Donation & Blood Transfusion: -

## Answered by Mufti Muhammad Ibn Adam, Darul Iftaa (Leicester, UK).

Question: - We are from local newspaper based in Blackburn targeting the Asian communities in Lancashire and Greater Manchester. We have worked with the National Blood Service in promoting the donating of blood and as you will be aware there are misconcepts within the Muslim community on blood & organ donation. We would like you to provide us the Islamic view on this issue so we can try to tackle this topic through editorial and informative articles.

Answer: - In the name of Allah, Most Compassionate, Most Merciful, It is a well known principle of Shariah that all the organs and parts of a human body whether one is a Muslim or a non-Muslim are sacred and must not be tampered with. To take benefit from any part of a human without a need is unlawful (haram). This also includes blood, for it is an integral part of a human. There are

two reasons for the impermissibility of taking benefit from another person's blood. Firstly, it is sacred like all other parts of a human. Allah Most High says: "And verily we have honored the children of Adam". وَلَقَلُ كُرُّمُنَا بَنِي آَدَمَر

[Surah Bani Israeel: 70]

However, Islam is a religion of mercy and caters to all the problems faced by humanity. It acknowledges the needs of people, thus gives concessions and dispensations wherever needed. Allah Most High says: ﴿ يُكُلِّفُ اللَّهُ نَفْسًا إِلَّا وُسُعَهَا

"On no soul does Allah place a burden greater than it can bear". [Surah Bagarah: 286]. The famous principle of Figh states: "Necessity makes prohibition lawful".

[Abu Nuaim, al-Ashbah wal-Naza'ir, Page: 85]

Hence, it can be said that blood transfusion is lawful as a necessity just as Islamic law has permitted women's milk for infants out of necessity, despite it being part of a human body.

The second reason is the impurity of blood. This has been discussed earlier that impure and unlawful things become permissible in cases of need and necessity.

In light of the foregoing, it would be permitted to donate and transfuse blood under the following conditions: -

- a) The donor is mature and sane.
- b) The donor willingly donates his blood. If he is compelled to do so, it will not be permissible.
- c) There is no apparent risk to the life or health of the donor.
- d) There is absolute necessity in donating blood in that there is a definite risk to the life of a patient and in the opinion of the medical expert, there is no other way in saving his/her life.
- e) There is a need for it, that is, there is no risk to the life, but in the opinion of the experts, restoration of health may not be possible without it.
- f) There is no reasonable alternative.
- a) It is not for the sake of beautification or any other additional benefit.
- h) Transfusion of blood must not be carried out by way of buying and selling, for trading in human parts is never permissible. However, if one is in need of blood desperately and the only means to obtain the blood is to purchase it, then only will it be permissible to pay for the blood. This is discussed further in the following section.

**Ouestion:** - Is there anything wrong with donating blood to non-Muslims?

<u>Answer: -</u> Donating blood to whoever is in need is permissible as long as the person in need does not display explicit enmity and hatred toward Islam and Muslims. However, it is not necessary to ask about the status of the beneficiary; rather, it is allowed to donate unless proven otherwise.

#### Dr. Moin Khalid Al-Qudah: -

<u>Question:</u> The procedure for donating platelets is this: Blood is removed from the body. The removed blood is put into a machine - a centrifuge - that removes the platelets. Then, the remains are infused into the body of the donor. Is donating in this method permissible?

Answer: - Donating blood is permissible according to the resolutions of the fiqh assemblies and boards of grand scholars, etc. and this way of donating platelets is considered by the experts to be a safe way of doing that. Therefore, it is permissible.

The above ruling is but out of recognition for the necessity of these procedures for the preservation of life - a prime Islamic objective; this would not be allowed without a legitimate need.

#### Dr. Hatem al-Haj: -

<u>Question:</u> What is the Islamic ruling on blood donation? Specifically, I am referring to donating blood in America and knowing it will probably go to non-Muslims.

Answer: - It is permissible for a Muslim to donate blood to a non-Muslim, except when that non-Muslim is known to be in a position of fighting the Muslims (either by belonging to a state which is in a state of war with Muslims or by supporting aggression towards them). In such a case it is not permissible to donate blood, because this will help them to fight Muslims. If the Muslim has no way of knowing to whom his blood will go, he should act according to what he thinks is most likely to happen. If he thinks that it is most likely to go to a kaafir who is not fighting the Muslims, it is permitted to donate and otherwise it is not.

[Fataawaa Islaamiyyah, Al-Jame'Al-Musnad, 4/415]

Question: - Is it permissible for me to donate blood to a sick person who is about to die and is not a Muslim? Praise is to Allah. I do not know of any reason why one cannot do that, because Allah, may He be glorified and exalted, says in His Holy Book.

لَا يَنْهَاكُمُ اللَّهُ عَنِ الَّذِينَ لَمْ يُقَاتِلُوكُمْ فِي النِّينِ وَلَمْ يُغْرِجُوكُمْ مِنْ دِيَارِكُمْ أَنْ تَبَرُّوهُمْ وَتُقْسِطُوا إِلَيْهِمْ ۚ إِنَّ اللَّهَ يُحِبُّ الْمُقْسِطِينَ **Translation:** "Allah does not forbid you to deal justly and kindly with those who fought not against you on account of religion nor drove you out of your homes. Verily, Allah loves those who deal with equity".

[Al-Mumtahinah: 8]

Answer: - Allah is telling us that with regard to those disbelievers who do not fight us or drive us out of our homes, He does not forbid us to be kind to them, treat them nicely and help the one who is in urgent need of help. The mother of Asma' Bint Abu Bakr رضى الله عنها came when she was still a disbeliever to her daughter in Madinah, at the time of the truce between the Prophet & and the people of Makkah, to ask her to uphold ties of kinship. Asma' consulted the Prophet & about that and He bt told her to uphold ties of kinship with her and said: "Uphold ties of kinship with your mother" when she was still a disbeliever. So if a Non-Muslim who is living under Muslim rule or a non-Muslim who is on peaceful terms with us, with no war between him and us, is in need of that, there is nothing wrong with giving blood to him as an act of charity and you will be rewarded for that, because there is nothing wrong with giving aid to one who is in need of charity.

[Shaykh 'Abd Al-'Azeez Ibn Baaz], [Fataawa Noor 'ala al-Darb, 1/292, 293] Ouestion: - The blood bank gives gifts to blood donors, such as prayer-rugs, keyrings or some money. Please tell us what Islam says about these gifts. **Answer:** - It is not permissible to sell blood, because read the Hadees

Narrated by Aun Bin Abu Juhaifa that I saw my father buying a slave whose profession was cupping and ordered that his instruments (of cupping) be broken. I asked him the reason for doing so. He replied, Nabi 🐉 prohibited taking money for blood, the price of a dog and the earnings of a slave-girl by prostitution; he cursed her who (do) tattooing and her who gets tattooed, the eater of Riba (usury) and the maker of pictures."

[Bukhari: 2238; Book. 34; English vol. 3; Book. 34; Hadees. 440]

Al-Haafiz said in Al-Fath: What is meant by the prohibition of blood is the same as the prohibition of dead meat and pork. It is haraam according to scholarly consensus, i.e. selling blood and taking its price. And Allah knows best.

> [Fataawaa al-Lajnah al-Daa'imah, 13/71] .....This lesson has 54 Hadees......



Gums & Bark Products					
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## Lesson no. 45 Benzoin (Loban) (اللبان): -



#### **Names**

- 1. In Hadees it is called as Loban (اللبان).
- 2. In Latin it is called as Styrax benzoin.
- 3. In Sanskrit it is called as Loban.
- 4. In English it is called as Benzoin.
- 5. In Marathi it is called as Uud.
- 6. In Hindi & Urdu it is called as Loban.

## **Introduction:** -

Loban (الليان) is resin (gum) of loban tree; it is extracted by making an incision on the stem or bark of the loban tree. The gum is collected, dried, sold & used.

#### Nabi &'s guidance about it: -

Arabic words written in below references are the words mentioned in respected Hadees.

#### Fumigate vour houses: -

1. Hazrat Abdullah Bin Jafar 🐟 narrates that Nabi 🐉 said: "Fumigate your houses with Loban (اللبان) (benzoin) & Al-Sheeh" (الشيح) (cress).

[Shoabul Imaan: 5679]

2. Nabi ﷺ said: "Fumigate your houses with Loban & Sau'atar (الصعتر).

[Zaadul Maa'd page no. 387]

(Refer Lesson no. 31 Sau'atar) (It is thymes genus plant). (Refer Lesson no. 21 Cress) (Al-Sheeh is dried leaves of Cress).

#### Contents of it:

Benzoic acid, Gunamic acid, Aniline, Volatile oil.

#### Scientific benefits: -

- 1. It is an excellent repellent for insects or mosquitoes, useful in diarrhea, digestion, it heals wounds & ulcers.
- 2. It is good expectorant, reduces phlegm, gargle with Loban & Sau'atar relieves inflammation of throat, relieves cold, cough, toothache, urinary disorders, tuberculosis & respirative disorders.
- 3. It increases memory, appetite, libido, tones the heart & stomach, also it is a good haemostatic agent, anti septic, anti fungal, anti bacterial & good for healing of wounds & ulcers.

#### Science & Hadees regarding fumigation:

To fumigate our houses keeps the house free from pest, harmful insects, mostiques, flies & microorganism & it is the most natural & safe procedure. It also removes stress, calm the mind.

#### Conclusion of Hadees: -

1. Fumigate your houses with loban along with cress dried leaves & saatar. .....This lesson has 2 Hadees.....

## Lesson no. 46 Indian Bdellium Gum (Guggul) (الكندر): -



## **Names**

- 1. In Hadees it is called as Kandar (الكندر).
- 2. In Sanskrit it is called as Guggulu.
- 3. In English it is called as Indian Bdellium tree.
- 4. In Latin it is called as Commiphora Mukul or Commiphora wightii.
- 5. In Hindi it is called as Guggul.

## Introduction: -

It is a flowering plant; all parts of it are used, but especially resin (gum) of it is used.

Nabi ﷺ's guidance about Guggul (الكندر): -

## **Guggul for weak Memory: -**

1. Hazrat Anas Bin Malik 🍇 says that they were in Nabi 🍇 s company, one person came & complaint about his weak memory (النسيان) to Nabi ﷺ & He 🏶 replied: "Take Kandar (الكنير) (Guggul), soak it in water, overnight & drink this water at morning empty stomach because it is best for Nisyaan (النسيان) (lack of memory).

[At-Tibb Al-Nabawi (Al-Jawzi) vol. 1; page. 294]

#### Guggul for weak memory & urinary problems: -

2. Hazrat Abdullah Bin Abbas رضى الله عنبيا says that Nabi ﷺ drank Kandar (الكنير) (Guggul) water mixed with sugar (السكر) at morning empty stomach & said that it removes urinary problems & it is best for Nisyaan (النسيان) (weak or lack of memory).

[At-Tibb Al-Nabawi (Al-Jawzi) vol. 1; page. 294]

#### Content: -

Guggulsterone, magnesium, iron, silica, aluminum, Balsum, tola etc

## Scientific benefits:

It lowers lipids, cholesterol, triglycerides, improves Insulin production & helps in controlling diabetes, helps in arthritis, sciatica, gouts & inflammatory diseases. Reduces hardening of arteries, (atherosclerosis), acne, & skin problems, reduces weight, tumors, ulcers, sores, tones the heart & is also helpful in urinary problems, worms, seizures (convulsion) etc.

## Science & Hadees regarding Guggulu:

Guggulu has anti bacterial activity so helpful in urinary problems & it is mostly lipid soluble & helpful in weak memory.

Modern medical investigations have shown that the gum-oleoresin & guggulu are beneficial in cases of rheumatoid arthritis, asthma & ulcerative colitis with no side effects as & are drugs of choice. They improve blood supply to the joints & restore integrity of vessels weakened by spasm. According to a review of unpublished studies, preliminary double-blind trials have found loban & guggulu effective in relieving the symptoms of rheumatoid arthritis. Two placebo controlled studies, involving a total of 81 individuals with rheumatoid arthritis, reported significant reductions in swelling & pain over the course of 3 months.

In one study conducted at the Government Medical College in Jammu, India, nearly 60 percent of arthritic patients tested experienced good to excellent results against stiffness & pain. Over three-quarters of the patients in the study were either bedridden or incapacitated from doing normal work. Within two to four weeks after starting on Guggulu extract, they reported a lessening of morning joint stiffness, pain & improved grip strength.

In another study of 26 patients suffering from arthritic, dramatic improvement was experienced within four weeks. A German review published in 2002 documents the effectiveness of boswellic acids (key active ingredient) in treating arthritis, chronic ulcerative colitis, Crohn's disease, bronchial asthma & reactive swelling around a brain tumour, as shown by clinical trials.

Experimental & clinical usage of loban & guggulu indicates that they have no side effects on blood pressure, heart rate, gastric irritation & ulcers associated with many anti-inflammatory & anti-arthritic drugs. It is now an approved herbal medicine in India for use against osteoarthritis, rheumatoid arthritis, soft tissue rheumatism, low back pain, myositis & fibrositis.

Animal studies have suggested that both reduce cholesterol & triglyceride levels in the blood. In other controlled human studies, it was shown to decrease the duration of bronchial asthma, possibly by blocking formation of the chemicals that cause the blood vessels to contract. Also has shown to be effective in epilepsy.

One rat study showed the Guggulsterone Z, at a dose of 10mg/kg bodyweight, increased iodine uptake & metabolic activity of the thyroid gland. The mechanisms of action of guggulsterone Z in this regard is unlike Thyroid-Stimulating Hormone & is not a pituitary mediated. It was shown (again, at 10mg/kg bodyweight) to increase serum T3 & T4 levels. (It should be noted that this dose is much higher than what is customarily used in herbal supplements).

#### Conclusion of Hadees: -

1. Use Guggul in urinary problems & weak memory, soak in little water overnight Hadees.....

## Lesson no. 47 Mor (Mur) (Mur Makki) (البر): -







Mur Gum

#### **Names**

- 1. In Hadees & Arabic it is called as Mur (البر).
- 2. In Hindi it is called as Bol, Bolam, Hirabol, Polam.
- 3. In Sanskrit it is called as Gars Gandha.
- 4. In Latin it is called as Commiphora myrrh.
- 5. In English it is called as Mor.

## **Introduction: -**

It is called as Mur (البر) in Arabic, the word Mur (البر) means bitter, it is a gum of a myrrh tree & the gum is called as Myr. (البر) Its oil is very famous & called as Oleoresin. It is very famous of Makkah, so it is called as Mur Makki.

#### Nabi &'s guidance about Mur:

## <u>Fumigate vour houses: -</u>

1. Hazrat Abdullah Bin Jafar 💩 says that Nabi 🐉 said "Fumigate your house with Al-Sheeh (المير), Mur (المر), & Sau'atar (الصعتر) (saatar).

[Shobul Imaan: 5679]

Al-Sheeh (الشيح) according to many scholars is dried leaves of Cress (refer Lesson no. 20 Cress) Sau'atar (الصعتر) (saatar) is thymes (refer Lesson no. 31 Sau'atar (الصعتر).

#### Content of it: -

Benzyl Benzoate, Benzyl Cinnamagte, Cinnamic acid, Vanilin, Tolure Cinotannol, Curzerene, Furanoendesma, Diene, Beta elemene, Acetyl Epoxyaermacra, Tetraene, Isomer

#### Scientific benefits of it: -

- 1. It is anti microbial, suppresses cough.
- 2. Acts as a local anesthetic agent & anti itching.
- 3. Reduces sprain, pain, swelling, inflammation.
- 4. It is a tropical vasodilating agent, perspiration & diuretic agent.
- 5. Can be inhaled for bronchitis & etc.
- 6. Relieves pain, itching, fungal infections, cold sores, hemorrhoids (piles), warts & etc.

## Science & Hadees regarding Mur: -

It is anti bacterial, anti fungal, anti pest & etc, can be used for fumigation or oral uses. It has been used as an astringent, antiseptic, anti parasitic, anti tissive, emmenagogue & antispasmodic agent. It was commonly included in mixtures used to treat worms, wounds & sepsis. In Hadees it is mentioned to fumigate with it & it has been found that it is very helpful in fumigation.

## Conclusion of Hadees: -

1. Fumigate the houses with it along with Cress dried leaves & Saatar.

Tl.:-	1	1 1	Hadees
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#### Lesson no. 48 Camphor (Kaafur) (الكافور):



#### **Names**

- 1. In Hadees, Arabic & Quran it is called as Kaafur (الكافرر).
- 2. In Sanskrit it is called as Karpura.
- 3. In Hindi & Urdu it is called as Kafur.
- 4. In Latin it is called as Cinnamomum camphora.

## Introduction: -

It is made from distilling the bark of camphora tree, this is natural form & also it is made biosynthetically by using chemicals. But natural form is the best to use medically.

It is a waxy, flammable, white or transparent solid substance with aromatic odour, it is a terpenoid found in the woods of Camphora laurel or Cinnamomum camphora (an ever green tree).

#### Quranic reference of it:-

Kaafur (الكافور) is mentioned in Quran in chapter no 76. (Surah DAHR), verse no. 5.

إِنَّ ٱلْأَبْرَارَ يَشْرَبُونَ مِن كُلِّسِ كَانَ مِزَاجُهَا كَافُورًا

<u>Translation:</u> In this verse Allah Ta'ala speaks about a drink which will be given to the people of Jannah, this drink will has Flavour of Kaafur.

## Nabi &'s guidance about Kaafur: -

#### Apply Kaafur on dead Body: -

1. Hazrat Umme Atiya رضى الله عنها says that one daughter of Rasoolullah ها died & Rasoolullah الله told us to give bath to His daughter's body with sidr (water) for odd numbers of time 3 or 5 or more times if you think necessary, & lastly apply Kaafur (الكافور) or anything made from Kaafur & when you finish inform me. He gave His waist cloth to us (to shroud her). We entwined the hairs in braids & made them fall at her back.

[Bukhari: 1263; Book. 23; English vol: 2; Book. 23; Hadees. 353.]

According to Bulugh Al-Muram: 544; Book no, 3, English Book. 3; Hadees. 568. That daughter was Hazrat Zainab رفىالله عنها.

#### Content of it: -

The main chemical components are a-pinene, camphene, b-pinene, sabinene, phellandrene, limonene, 1, 8-cineole, y-terpinene, p-cymene, terpinolene, furfural, camphor, linalool, bornyl acetate, terpinen-4-ol, caryophyllene, borneol, piperitone, geraniol, safrole, cinnamaldehyde, methyl cinnamate & eugenol.

## Scientific benefits of it: -

- 1. It is anti microbial, suppresses cough.
- 2. Acts as a local anesthetic agent & anti itching.
- 3. Reduces sprain, pain, swelling, inflammation.
- 4. It is a tropical vasodilating agent, perspiration & diuretic agent.
- 5. Can be inhaled for Bronchitis & etc.

6. Relieves pain, itching, fungal infections, cold sores, hemorrhoids (piles) warts & etc.

## Science & Hadees regarding Kaafur:

Camphor is also used as an antimicrobial substance. In embalming, camphor oil was one of the ingredients used by ancient Egyptians for mummification. Embalming is the art & science of preserving human body or body parts by treating them with chemicals to forestall decomposition. The intention is to keep them suitable for public display at a funeral, for religious reasons or for medical & scientific purposes such as their use as anatomical specimens. The three goals of embalming are sanitization. presentation & preservation restoration). (or Embalming has a very long & cross-cultural history, with many cultures giving the embalming processes a greater religious meaning.

## Conclusion of Hadees: -

1.	Use it to	apply	on dead	bodies	after	giving	bath to	o the	death	body	7.

.....This lesson has 1 Hadees.....



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## Lesson no. 49 Mushroom & Truffles (Kamaat) (الكبأة): -





#### Mushroom







**Truffles** 

## **Names of Truffles**

- 1. In Hadees it is called as Kamaat (الكبأة).
- 2. In Hindi it is called as Kukuramutta (Means can be eaten).
- 3. In English it is called as Earthnut & Truffles.
- 4. In Urdu it is called as Khumbi.

#### **Names of Mushroom**

- 1. In Arabic it is called as Fatar (فط).
- 2. In Urdu it is called as Khambi, Kullah bazan, Saap ki Chhatri, Futr.
- 3. In English it is called as Mushroom.

#### Introduction: -

Kamaat (الكبأة) mentioned in Hadees, according to many scholars is Truffles. But many scholars believe that Kamaat (الكبأة) is Mushroom. Both come under the topic of Kamaat (الكبأة). Truffles seem to be more proper than Kamaat mentioned in Hadees. There are many types of Mushrooms & truffles. Both are products of fungus. It is said in Hadees that they are among *MANN* means a blessings, may be because it grows by itself & do not needs human efforts.

#### Truffles: -

They are fruit like edible (eatable) thing, but are not fruits, products of Ascomycete Fungus that grows beneath the surface of ground to a depth of 30 cm. & forms colonies, grow near the root of trees, & are of round, fleshy, soft, even, smooth surfaced or speckled surfaced & its colour varies from gray, brown or blackish. They are similar to potatoes. They are common in Arabia, Syria, Egypt, France & Italy. They have a different peculiar smell. They are more found in rainy season. But they are neither plants nor fruits. There are many types of Truffles & all are very expensive.

#### **Mushrooms:** -

They are fleshy, spore-bearing fruiting body of a fungus, typically produced above ground on soil or on its food source. The standard name "mushroom" is for the cultivated white button mushroom, Agaricus bisporus, They have a stem (stipe), a cap (pileus) & gills (lamellae, sing. lamella) or pores on the underside of the cap. These pores or gills produce microscopic spores that help the fungus spread across the ground or its occupant surface. "Mushroom" describes a variety of gilled fungi, with or without stems & the term is used even more generally, to describe both the fleshy fruiting bodies of some Ascomycota & the woody or leathery fruiting bodies of some Basidiomycota, depending upon the context of the word. Forms deviating from the standard morphology usually have more specific names, such as "puffball", "stinkhorn" & "morel" & gilled.

## Prophet ﷺ's guidance about Kamaat (الكبأة): -

Arabic words written in below references are the words mentioned in respected Hadees.

#### Kamaat a blessing thing & cure for eye diseases: -

1. Hazrat Saeed Bin Zaid الكبأة) is among Mann (a blessing thing) (الهربي), water of it is cure for eyes (الهرب).

[Bukhari: 4478; Book. 65; English vol. 6; Book. 60; Hadees. 5]

2. Hazrat Abu Saeed & Jabir له says that Nabi ه said that Kamaat (الكأة) are a type of Mann & their water is a healing for eye (diseases). & the Ajwah (dates) are from Paradise (Jannah) & they are healing for poisoning (السم)".

[Ibn Ma-jah: 3579; Book. 31; English vol. 4; Book. 31, Hadees. 3453]

3. Amr Bin Huraith heard from Hazrat Saeed Bin Zaid Bin Amr Bin Nufail هه that Nabi هه said Kamaat (الين) is among Mann (الين), which Allah Ta'ala sent for Bani Israel, its water is cure for eyes (العين).

[Ibn Ma-jah: 3581; Book 31; English vol. 4; Book 31, Hadees. 3454]

4. Hazrat Suhaib الكمأة says that Rasoolullah ه said: "For your beneficial, Kamaat (الكمأة) is present, that are among Mann (الكمأة) & its water is cure (اللعين) for eyes (اللعين).

[Abu Nu-aim: 258]

5. Qatadah says that Abu Hurairah الكناة said that he took 3 or 5 or 7 Kamaat (الكناة) & drew out water from them & collected the water in a bottle & used the water for a slave's eye disease & her eyes got cured.

[Tirmizi: 2211; Book no. 28; English vol. 4; Book. 2, Hadees. 2069]

## Kamaat a product from Jannah: -

6. Hazrat Abdullah Bin Abbas رضى الله عنها says that Rasoolullah ﷺ came to us & said that, "When Jannah (الكبأة) smiled Kamaat (الكبأة) dropped on earth & when earth smiled Kabr (الكبر) grew".

[Al-Tibb Al-Nabawi: 666]

Kabr (الكبر) is a thorny tree.

## Kamaat a blessing thing & not small pox of earth: -

7. Hazrat Abu Hurairah 🎄 says that some people use to say that Kamaat are small pox (جىدى) of earth, at this Rasoolullah 🕮 said, Kamaat is among Mann (الكبأة) & its water is cure for eyes & Ajwah (dates) are from Jannah (الجنة) it saves from poisoning.

[Ibn Ma-jah: 3582; Book no. 31; English vol. 4; Book. 31, Hadees. 3455]

#### Scientific benefits of Truffles: -

- 1. They are good sources of protein & have all types of amino acids in them.
- 2. They contain carbohydrates, glycogen & fungus cellulose.
- 3. They have no cholesterol.
- 4. Very helpful in Trachoma (a deadly eye diseases which cause most of the blindness in the whole world).

#### Scientific benefits of Mushroom: -

- 1. Mushrooms decreases tumor growth & development in cells which develop cancers.
- 2. Mushrooms are the leading source of the essential antioxidant selenium thus protects body cells from getting damaged that might lead to chronic diseases.
- 3. They help to strengthen the immune system.
- 4. They have & provide ergothioneine, a naturally occurring antioxidant that helps to protect the body cells.
- 5. They give few calories thus helpful in obesity.
- 6. Rich in vitamin D.

## Science & Hadees regarding truffles & mushrooms:

## Truffles are an important source of protein among the desert plants.

## The compositions are as follows: -

It has 77% water & 23% other substances. These substances include 60% hydrocarbons, 7% fats, 4% fibers, 18% proteins & the remaining 11% are in the form of ashes that remain after its burning. Seventeen amino acids have already been recognized in the proteins present in the truffles

When Prophet & describes the truffles as manna, this actually implies that they grow by the Will & Grace of Allah as they are not cultivated by man. Moreover, they require neither seeds nor water to grow. The only interference by man in this process is to exert effort in their gathering. As for the other description given by Prophet & that "Their water is healing to the eye", Ibn Sina mentioned that Muslims, in response to this Hadees used to boil its water, cool it & then use it as eye drops. Dr. Al-Mu'taz al-Marzugi, an Egyptian Ophthalmologist, tried to study this Hadees in the light of modern science & reached very important results.

He found that the water of truffles prevents the occurrence of fibrosis in cases of eye trachoma. Truffles stop the formation of the fibrous tissues in the infected area. Experiments have proven that the application of the water of truffles in the treatment of trachoma has led to an enormous drop in the formation of lymphatic cells resulting from inflammation, which may lead to opacity of the cornea. Trachoma is a chronic contagious inflammation from which most inhabitants of the Arab world, the Mediterranean region & others all over the world suffer. The complications resulting from this disease may lead to total blindness.

Trachoma with its various complications is found to be completely responsible for more than 25% of the cases of blindness in areas where the disease is widespread. Very often, trachoma is also accompanied by spring ophthalmia, which increases fibrosis in the infected area. Experiments carried by Dr. Al-Mu'taz Al-Marzugi have proven that the water of truffles remarkably reduces the occurrence of fibrosis in the eye cornea, through stopping the growth of the cells which form the fibers. equalizing the chemical effect of the trachoma poisons & inhibiting the unnatural growth of the cells of the conjunctiva, because most of the complications of trachoma occur because of fibrosis of the cornea that are cured by the water of truffles (By Dr. Zaghloul El-Naggar).

#### Conclusion of Hadees:

1. Truffles are among Mann, means a blessing reward, they are origin from Jannah, & beneficial in eve diseases, also they are not small pox on earth, as believed previously.

.....This lesson has 7 Hadees......

# Lesson no. 50 Antimony (Surma) (Ismid) (اثما): -







Antimony Ismid

Antimony stone

Surma

#### **Names**

- 1. In Hadees it is called as Ismid (اڅر)
- 2. In English it is called as Antimony.
- 3. In Urdu & in Hindi it is called as Surma.
- 4. In Arabic it is called as Kohl (گخل).
- 5. In English it is called as Collyrium.

## **Introduction: -**

Antimony is a metalloid, the symbol is Sb, it is found in nature in free form, it is available in sulfide, oxide or ox sulfide form. It is a brittle metal, which breaks easily. It is shinny with white silvery colour (when it is in pure form). It is grayish colour, when in compound form.

# Prophet ﷺ's guidance about Ismid (سوُّر): ·

#### Ismid the best Surma: -

1. Hazrat Ibn Abbas رضىالله says that Rasoolullah ﷺ said the best surma you have is Ismid (اثمار) (Antimony) it makes the vision (البصر) clear & makes the hair (eye lashes) grow.

[Ibn Ma-jah: 3626; Book. 31; English vol. 4; Book. 31, Hadees. 3497]

# 3 (three) things which increase vision: -

2. Hazrat Buraidah المجادة says that Nabi said that 3 things increase the vision (البصرة) Ismid (surma) (اثمان), to see greenery (المحصرة) (plants or etc) & to see a beautiful face (وجهدسس).

[Kanz al-Ummal: 28314]

#### Sunnah way to apply Ismid (Surma): -

3. Hazrat Abdullah Ibn Abbas رضىالله says that Nabi ه had a pot of Kohl (Surma) from which Nabi ه use to apply it, in both eyes, three times (ثلاثا) each in both eyes.

[Ibn Ma-jah: 3628; Book. 31; English vol. 4; Book. 31, Hadees. 3499]

4. Narrated by Abu Hurairah & that Nabi & said: "Whoever applies Kohl (surma) let him apply in odd numbers times & whoever does that has well done & whoever does not does not matter.

[Ibn Ma-jah: 3627; Book. 31; English vol. 4; Book. 31, Hadees. 3498]

5. Narrated by A'isha رضى الله عنها that Nabi ﷺ applied Kohl (surma) in His eyes while He ﷺ was fasting.

[Ibn Ma-jah: 1748; Book. 7; English vol. 1; Book. 7, Hadees. 1678]

6. A woman should not apply surma for 4 months & ten (days) whose husband is died.

[Bukhari: 5706; Book. 76; English vol. 7; Book. 71; Hadees. 607]

7. Rasoolullah & use to apply Ismid ( $(\mathring{\mathfrak{s}})$ ) 3 times in right eye, in this way that Nabi & use to start with right eye & use to end with right eye.

[Al-Tibb Al-Nabawi (Al-Jawzi) vol. 1; page no. 211]

(Means use to apply first in right eye than left eye then again right eye then left eye then again in right eye (By this way 3 times in right & 2 times in left eye).

8. Apply Ismid (اثنا) (surma) 3 times in right eye & 2 times in left eye (right eye 3 times than 2 times in left eye).

[Tibbun Nabawi vol. 1; page. 217]

9. According to Imam Ahmed u, Ismid (اثما) should be applied 3 times in each eye means first 3 times in right & 3 times in left eye.

# <u>Ismid Marooh to be applied at night while sleeping: -</u>

10. Narrated by Ma'bad Bin Hudhah & that Nabi & commanded to apply collyrium (surma) mixed with musk at the time of sleep.

[Abu Dawud: 2377; Book. 14; English Book. 13; Hadees. 2371]

# Use Aloe Vera for eye infection & avoid surma during eye infection: -

[Abu Dawud: 1838; Book. 11; English Book. 10; Hadees. 1834]

Contents: - Antomalin, fuadin, glucantine, other metallic compounds, potassium, sodium etc.

#### Scientific benefits of it: -

- 1. It kills germs, parasites.
- 2. It cleans the vision & protects the eyes.
- 3. Helps grow eye lashes.
- 4. Helps in ring worm, baldness etc.

Important: - Try to get a pure one, which is free from lead.

## Science & Hadees regarding Antimony: -

Antimony strengthens the optic nerve & is considered the best kohl (surma) when mixed with musk powder for elderly people with poor vision weakened by old age & also helps reduce skin flap growing on the eyelid, mange of the eyelids & it relaxes eyestrain. It helps detoxify eye moisture & eases congestion in tear ducts. It helps in natural cleansing of the eyes & helps to protect the eyes from dust particles floating in the air & brightens one's sight. When Ismid (surma) is mixed with honey diluted in water & applied on the edge of the eyelid, it can help reduce headaches.

Mange means a skin disease of mammals caused by parasitic mites & occasionally communicable to humans. It is characterized by severe itching, hair loss & the formation of scabs & lesions.

# Lesson no. 51 Vinegar (الحل) (Sirka): ·



Vinegar (الخل)

#### **Names**

- 1. In Hadees it is called as khal (الخل).
- 2. In Urdu & Hindi it is called as Sirka.
- 3. In English it is called as Vinegar.

## Introduction: -

Vinegar is a liquid which consist of mainly Acetic acid, water, volatile substances & organic matters.

The acetic acid in it is produced by fermentation of ethanol by acetic acid bacteria (yeast). It can be made from juices of grapes, oranges, beetroot, melons, apples, berries, honey, barley, coconut, dates, rice, wheat, sugar cane, tomato, jaamun, kiwifruit, malt, palm & etc. It is of two types natural & synthetic.

# Prophet ﷺ's guidance about vinegar (الخل): -

## Vinegar (Khal) best Gravy: -

1. Hazrat Jabir Ibn Abdullah له says that Nabi له took me by the hand, to his (respected) house & some bread pieces (غير) were served, Nabi ه asked: "Is there any Gravy "(salan), The answer was "No", we have

little khal (الخل) (vinegar) only. Then Nabi ﷺ said: "Khal (الخل) (vinegar) is good gravy" (نعم الإدام الخل) (salan) & Hazrat Jabir Ibn Abdullah ﷺ says l like khal (الخل) (vinegar) since than".

[Muslim 2052 B; Book. 36; English Book. 23; Hadees. 5094]

#### Wine cannot be used as vinegar: -

2. Narrated by Anas Bin Malik & that he asked Nabi &: Can wine be used for vinegar? He & said: "No".

[Tirmizi: 1294; Book. 14, English vol. 1; Book. 12, Hadees. 1294]

## The house which has vinegar (Khal) will never get poor: -

3. Hazrat Umme Haani Bint Abi Talib رخى الله عنها (cousin of Nabi ﷺ) says that Nabi ﷺ come home & asked: "Is there anything to eat in our house, she said No, but we have stale bread (عنبر) & Khal (الحل) (vinegar), Nabi ﷺ asked for them & said the house which has Khal (الحل) (vinegar) will never get poor.

[Tirmizi: 1841; Book. 25; English vol. 3; Book. 23, Hadees. 1841]

4. Hazrat A'isha رضى الله says that Rasoolullah ﷺ said Khal (الخل) (vinegar) is the best salan (نعمر الإدامر الخل) (Gravy).

[Tirmizi: 1840; Book. 25; English vol. 3; Book. 23, Hadees. 1840]

# Barkat in vinegar & food of previous Prophets: -

5. Umme Saad رضى الله عنها says that Nabi ه entered the house & when I was in the house of A'isha رضى الله عنها & asked her for food, she replied that "We have Khabuz (غبر) (stale bread), Tamar (قرر) (dates), Khal (الحل) (vinegar)". To this Rasoolullah ه said Khal (الحل) (vinegar) is a best salan (gravy) & prayed, "Oh! Allah put Barkat in Khal (الحل) (vinegar) so that, it was Salan (gravy) of previous Prophets عليهم السلام & the house will not get poor, which has khal (الحل) (vinegar) in it".

[Ibn Ma-jah: 3443; Book. 29; English vol. 4; Book. 29, Hadees. 3318]

# **Contents of vinegar: -**

1. Acetic acid is the chief acid in vinegar. It contains about 5% acetic acid, also tartaric acid & citric protons neutron & etc.

#### Scientific benefits: -

- 1. Vinegar is beneficial in inflammation of stomach. It reduces bile secretion & improves digestion. We can use it as a mouth wash & gargle. Good for tooth ache, strengthens the gums, stimulates appetite.
- 2. Enhances taste in food. It increases sweating & urine output. It is an antidote for alkaline poisoning. Also it can be applied on ring worm & alopecia. It is helpful in lice & nits problem, ulcers. Wounds can be washed with it, may be applied on forehead in fever.
- 3. Should be drink with water in cold & cough, Cider vinegar is helpful in cold & cough, It prevents diarrhea, Increases metabolism, cleans the intestines, kills the bacteria & reduces weight.

# Science & Hadees regarding vinegar:

As soon as we take vinegar, it starts to eliminate fatigue substance from the body; you can notice this in only two hours by confirming your urine. If you look at your urine two hours after you take vinegar & you will find it to be clearer. Or, if you are unwilling to look at it closely, examine it with a piece of pH test paper (litmus paper). Before you take vinegar, the pH test paper will show that your *urine* is acidic, due to fatigue-creating substances in your body. Two hours after you take vinegar, the test paper will show more alkaline. These results mean that the previous fatigue substances were decreased or removed by taking the vinegar.

The liver dissolves the poisonous matters which were made in our body, so we must always keep the liver working well. Meat, fish, eggs, coconut oil, green vegetables & other nourishing foods as well as vinegar act like medicines for the liver. Some Eastern doctors believe that depression is the symptom of a "stagnant" or tired liver. If you believe in this philosophy, then apple cider vinegar would help to fight depression, since it is a great medium to help detoxify & clean the liver.

Over the centuries, oxymel (combination of apple cider vinegar & honey) has been widely used to dissolve painful calcium deposits in the body, for arthritislike pains & for other health problems such as hay fever. Also "Vinegar performs the role of disinfectant for the intestines".

# Conclusion of Hadees: -

Vinegar is a best source of liquid food, there is Barkat in it & it was the food of previous Prophets (a.s), the house which has vinegar in it will not be poor.

.....This lesson has 5 Hadees......

# Lesson no. 52 Musk (البسك) (Kasturi): -





Musk deer







Contain from musk gland

# **Names**

- 1. In Hadees & Quran it is called as Musk (البسك).
- 2. In Sanskrit it is called as Kasturi.
- 3. In Latin it is called as Moschus moschiferus.
- 4. In English it is called as Deer musk.

# Introduction: -

It is a highly sweet aromatic part obtained from a bag like gland at the navel of musk male young deer. These deer are of special types, called as Musk deer or Kasturi deer.

## Quranic references of musk (البسك): -

It is mentioned in chapter 83 (Surah) Al-Mutaffifeen (البطففين) verse no. 25 & 26. In the verses, Allah Ta'ala means to explain the boons & rewards of Jannah as follows: خِتَامُهُ مِسْكٌ "They will be given to drink a pure sealed drink & the last sip of that drink will give you the fragrance of musk".

[Surah Mutaffifeen: 26]

# Prophet ﷺ's guidance about Musk (البسك): -

#### Musk the best: -

1. Hazrat Abu Saeed الطيب says that Rasoolullah الطيب said the best good smelling (الطيب) fragrance is (of) Musk (البسك) (Kasturi).

[An-Nasa'i: 1905; Book. 21; English vol. 3; Book. 21; Hadees. 1906]

#### About Musk: -

2. Hazrat A'isha رضىالله عنها says that she applied perfume which had Musk (الهسك) in it, to Nabi هه before Ihram & on the Qurbani day & before doing tawaf of Kabah.

[Tirmizi: 917; Book. 9; English vol. 2; Book. 4; Hadees. 917]

3. Hazrat Abu Saeed Khudri المسك says that Rasoolullah spoke about a woman of Bani-Israel (بنى اسرائيل) who had filled Musk (المسك) in her ring because Musk is the best perfume (الطيب).

[Muslim 2252 B; Book. 40; English Book. 27; Hadees. 5599]

4. In other Hadees it is mentioned that when she use to press her ring, in company of people, the fumes of Musk (الهسك) use to spread all over.

[Musnad Ahmed: 11364]

(Means the woman mentioned in above Hadees use to press her ring).

#### About Ismid Marooh: -

5. Narrated by Ma'bad Bin Hudhah & that Nabi & commanded to apply collyrium (surma) (kohl) mixed with musk at the time of sleep.

[Abu Dawud: 2377; Book. 14; English Book. 13; Hadees. 2371]

#### River Kausar: -

6. Hazrat Anas Bin Malik هه says that we asked Rasoolullah هه about Kausar (الكوثر) & Rasoolullah هه replied that, "It is a river, which Allah (Ta'ala) will give me in Jannah (جنة), its river sand will have Musk (اللين) & sweeter than honey (العسل), over it such birds will fly whose neck will resemble neck of camel, On this, Hazrat Abu Bakr هه said that this is a great boon from Allah Ta'ala, & Nabi هه replied that those who will eat them, will be more precious & fortunate ones.

[Musnad Ahmed: 13306]

#### **Groups entering Jannah: -**

7. Narrated by Abu Hurairah & that, Nabi & said, the first group to enter the Jannah (عنة) will look like the full moon & those who will come after them will look like a most brilliant planet in the sky, they will not urinate nor defecate (nor pass stools), nor spit, nor will blow their noses, their comb will be of gold, their sweat will be Musk (المسك), their incense burner will be of aloes wood & their wives will be Hoors & their built will be as Father Adam المسكانة sixty cubits tall.

[Bukhari: 3327; Book. 60; English vol. 4; Book. 55; Hadees. 544]

## Friday market in Jannah: -

8. Hazrat Anas الجنة says that Nabi الجنة said that for the people of Jannah (جنة) (Paradise) there will be a market on every Friday, in this market there will be structures built with musk (البسك) & than north wind will blow & this wind will blow on their faces, garments & houses (by this) their beauty will increase, then they will return to their families, the family members will say: "By Allah your beauty have increased & the person will also say, the same to their family members.

[Riyadh Al-Salihin: 1889; English Book. 20; Hadees. 21 & Musnad Ahmed: 14035]

# <u>Nabi ﷺ's saliva better than musk: -</u>

9. Narrated by Abdul Jabbar Bin Wa'il 🐞 that his father said: "A bucket was brought to Nabi 🐉; He 🐉 rinsed His mouth & spat into it & it was

like musk or better than musk & He & rinsed His nostrils outside the bucket".

[Ibn Ma-jah: 704; Book. 1; English vol. 1; Book. 1, Hadees. 659]

#### Blood smell from a wound, which was in Allah's cause: -

10. Narrated by Abu Hurairah 🐗 that Nabi 🕮 said: "A wound which a Muslim receives in Allah's cause will appear on the Day of Resurrection (Oiyamah) as it was at the time of infliction; blood will be flowing from the wound & its color will be that of the blood but will smell like musk."

[Bukhari: 237; Book. 4; English vol. 1; Book. 4; Hadees. 238]

#### Use of musk after menstrual bath: -

11. Narrated by A'isha رضىالله عنها that an Ansari woman asked Nabi 🕮 how to take a bath after finishing from the menses? He & replied: "Take a piece a cloth perfumed with musk & clean the private parts with it thrice." Nabi & felt shy & turned his face. So I pulled her to me & told her what Nabi & meant.

[Bukhari: 315; Book. 6; English vol. 1; Book. 6; Hadees. 312]

## Content of it: -

Vitamin A, Omega-6, Linoleic & alpha linoleic acids, dilating properties, anti- histamine properties & etc.

# Scientific benefits of Musk:

- 1. It is best for skin disorders like acne, psoriasis, eczema, leucoderma, infections, cystic formations & itches (its oil should be used). It contains Vitamin A, also known as 'Retinol' it be applied on the blotches where cell regeneration takes place & treats acne.
- 2. It prevents dehydration of skin because it contains essential fatty acids like Omega-6. It contains 'Linoleic & Alpha Linoleic' acids that contain such fibers which increase elasticity of the tissues.

- 3. It contains antioxidants elements which prevents ageing, fine lines & wrinkles, It has a meditative effects thus reduces anxiety & emotions. Its oil can be used to treat burns.
- 4. Induces pleasant dreams & increasing strength, increases libido, body strength, immunity etc, helpful for liver, digestion, cold & cough. It also reduces pain, soothes the nerves & reduces inflammation.

## Science & Hadees regarding Musk: -

Dr. Aaminah Ali Nasir Siddique, professor of microbiology in the College of Science in Jeddah has discovered that musk is a natural antibiotic for treating skin diseases & genital diseases in humans & animals. This discovery was patented in the King Abd Al-Azeez City for Science & Technology in Riyadh. The researcher also presented at the 8th International Conference on scientific miracles in the Qur'an & Sunnah, held in Kuwait in 1427 AH a paper entitled: Aspects of the scientific miracles of using musk as an antibiotic against funguses & yeasts that cause disease in humans, animals & plants. She explained that disease-causing bacteria increase in number during the menstrual period & that musk has a strong effect in killing off these harmful microbes. It is clear that the reason for the menstruating woman using musk is to perfume the site, to ward off unpleasant odours & to kill off disease-causing funguses & yeasts.

Musk strengthens the internal organs, helps old people during cold temperatures, smelling musk helps people who suffer fainting attacks, helps to abate irregular heart accelerations & is also an aphrodisiac; it also accelerates healing of snake bites & removes the effects of poisons.

## **Conclusion of Hadees: -**

1. Musk is the best (natural) perfume, Nabi & liked it & applied it; surma which contained musk in it was applied by Nabi ; Musk is present in Jannah also.

.....This lesson has 11 Hadees......

# Lesson no. 53 HONEY (عسل): -









# **Names**

- 1. In Quran & Hadees it is called as A'sal (عسل).
- 2. In English it is called as Honey.
- 3. In Urdu it is called as Shehad.
- 4. In Hindi it is called as Madh.
- 5. In Sanskrit it is called as **Madhu**.
- 6. Honey bee in Quran is called as **NAHL** & a whole chapter (Surah) is named on honey bee, the **chapter No. 16 Al Nahl** (The honey bee).

# Quranic references of honey (عسل): -

1. Chapter No. 16	Al Nahl	verse no.	68 & 69.

2. Chapter No. 47 Muhammad verse no. 15.

3. Chapter No. 66 Tah'reen verse no. 1.

In chapter No. 16 (Surah) Al-Nahl, verse no. 68 & 69, Allah Ta'ala says:

**Translation:** He has taught honey bees to make their combs on top of mountains, trees & heighted places, & these bees suck nectars from all types of flowers, & Allah Ta'ala made the bees to follow the path of their lord (Allah Ta'ala), a fluid of different colour comes out from their bellies, in which there is healing for human.

This is a sign of Almighty so people should admire & pick benefits. This is according to Allah Ta'ala's creation & laws of nature.

In chapter No. 47 (Surah) Muhammad verse no.15 Allah Ta'ala says:

Translation: in Jannah, there will be various gifts & boons, pure best honey streams & fruits of various types.

In chapter No. 66 Al-Tah'reem verse no 1. Allah Ta'ala said to Prophet ::

Translation: Do not discard the use of honey or else, which Allah Ta'ala has Permitted to eat (Halal) for human.

# Prophet ﷺ's guidance about honey (عسل): - )

## Liking of honey & halwa: -

1. Hazrat A'isha رضى الله عنها says that Rasoolullah 🕮 liked sweet (الحلوى) (Halwa) & Honey (عسل) very much.

[Bukhari: 5431; Book. 70; English vol. 7; Book. 65; Hadees. 342]

2. Hazrat A'isha رضي الله عنها says that Rasoolullah 🐉 liked sweet (الحلوي) (Halwa) & Honey (عسل) very much & amongst drinking things (syrup), liked Honey water very much & used Honey (عسل) daily whole life & was every time healthy.

[Musnad Ahmed: 24316]

#### Do not kill the following: -

3. Hazrat Abdullah Ibn Abbas رخي الله عنها, says that Rasoolullah 🕮 denied killing 4 living beings:

- 1. Ants (النهلته),
- 2. Honey bees (النخلة),
- 3. Hudhud (الهدهد) &
- 4. Mamola birds (الصُّرَدُ).

[Abu Dawud: 5267; Book. 43; English Book. 42; Hadees. 5247]

Means prohibited killing four creatures: ants, bees, hoopoes & sparrowhawks.

## Honey useful in diarrhea: -

4. Hazrat Abu Saeed Al-Khudri 🐇 says that Nabi 🍇 guided & insisted to a person, 4 times to use Honey (عسل) for his brother's illness, his brother was suffering from diarrhea (loose Motions), each time he came back with a complaint that motions are increasing (of his brother) & each time Rasoolullah & advised to give Honey (عسل) to his brother & on the fourth time Rasoolullah & said Allah Ta'ala is the truth & your brother's stomach is lair & again Honey (عسل) was given to him & the patient got well.

[Bukhari: 5684; Book. 76; English vol. 7; Book. 71; Hadees. 588]

From the above Hadees we learn that we should not try to stop motions immediately because if we do so the infection which the body wants to throw out through motion will remain in the body, but however if the motions are in large number & frequent than first stop the motion & then treat the cause of motion.

#### Use honey to prevent illness (Balaa'): -

5. Hazrat Abu Hurairah المناه says that Rasoolullah ها said that any person who licks Honey (عسل) (Asal) in morning at least for 3 (ثلاثا) days every month will not suffer from any Balaa' (البلاء) (illness) in that month (in which honey is taken).

[Ibn Ma-jah: 3576; Book. 31; English vol. 4; Book. 31, Hadees. 3450]

#### Honey & Ouran for Shifa: -

6. Hazrat Abdullah ﴿ says that Nabi ﴿ said that "For you, to get Shifa (الشفاء) (cure) there are two things: HONEY (القرآن) & QURAN" (القرآن).

[Ibn Ma-jah: 3578; Book. 31; English vol. 4; Book. 31, Hadees. 3452]

#### Honey amongst the best & a khair & best treatments: -

7. Hazrat Jabir Bin Abdullah المجامة says that Nabi المجامة said that "Among your Medicines, which have khair (غير) (cures) is Hijamah (المجامة) (Wet Cupping) (blood-letting) & a drink of Honey" (شربة عسل) & cauterization, & said I don't like to be (cauterized) branded with fire."

[Bukhari: 5683; Book. 76; English vol. 7; Book. 71; Hadees. 587]

Wet Cupping (blood-letting) is Hijamah, a therapy in which blood is removed by vacuum method & it is Sunnah. (Refer Lesson no. 44 Hijamah).

#### 4 (Four) best treatments: -

8. Hazrat Ibn Abbas رضى says that Rasoolullah ﷺ said that "Amongst the treatment you do, the best is to put medicine (دواء) in nose (السعوط), to put medicine (دواء) in one side of mouth (الليود), Hijamah (الحجامة) (Cupping) & Walking (laxatives) (الهشي).

[Tirmizi: 2184; Book. 28, English vol. 4; Book. 2, Hadees. 2047]

Walking here is considered as movement of intestines by Imam Qayyim (ra) & senna increases the movement of intestines. (Movement of intestines is called as Peristalsis movement is medical terms).

# Boiled water & Honey for kidney problems: -

9. Hazrat A'isha رضى الله عنها says that Rasoolullah ﷺ said that "There is an important part of kidney (called as) Khasira (الخاصرة), when this part gets swelled up, the person gets great pain & problems, treat this with excessively boiled water (الهاءالهجرق) (muharrag) & Honey (عسل)".

[Mustadrak Al Hakim: 8237; Al-Tibb]

#### Rule of boiling our drinks: -

10. Narrated by Abdullah Bin Yazad Al-khatmi that Umar Bin Al-Khattab wrote to him (saying) cook (boil) your drinks until the share of devil (shaitaan) is gone, for he has two share & you have one (means boil till 1/3 is left over & 2/3 is evaporated).

[An-Nasa'i: 5717; Book. 51; English vol. 6; Book. 51, Hadees. 5720]

#### <u>Use honey & rain water for Shifa in all diseases: -</u>

11. Hazrat Anas Bin Malik 🐇 says that Nabi 🎄 said that "With your Halal (حلال) (pure) earnings, buy Honey (عسل) & use it (Honey) with Rain water, this will help in Shifa (شفاء) for all diseases".

[Kanz Ummaal: 28176]

## Honey as a medicine: -

12. Once Hazrat Khasram Bin Hissaan Bin Aamir Bin Malik 💩 fell ill & he went to Nabi & for Blessings & Medicine, Nabi & gave him Honey.

[Musannaf Ibn-Abi Shaiba: 33159]

# Honey gifted: -

13. Hazrat Jabir Bin Abdullah 🐞 says that Honey was gifted to Nabi 🕸 & He & asked everyone to lick little Honey, as everybody got it, Hazrat Jabir asked for more, & he was allowed by Nabi to take more.

[Ibn Ma-jah: 3577; Book. 31; English vol. 4; Book. 31, Hadees. 3451]

# Oranges & Honev: -

feeding رضى الله عنها feeding Hazrat A'isha رضى الله عنها feeding Hazrat Ibn Umm Maktoom 🎄 (a blind) with Atraj (رتب ج) (oranges) dipped in Honey (عسل).

[Moa'jam Ausat: 9404]

(Hazrat Ibn Umm Maktoom 🐞 was a blind sahabhi for whom chapter 80 (Surah) AABASA was send by Allah Ta'ala.

#### A preparation for illness: -

15. Once Hazrat Saad Bin Abi Waqqas 🐗 fell ill in Makkah, Nabi 🕮 visited him & asked to call a doctor, Al Haris Bin Kuladah was called, he came & examined Hazrat Saad 🐇 & said he is not serious & advised to take dates (ټه), barley (jaw) & boiled fenugreek seeds (انحلبة) water & prepare soup like gravy than put Honey (العسل) in it & give to Hazrat Saad 🐗 at early morning, luke warm & Hazrat Saad 🐗 got well; Nabi 😹 liked the preparation advised by Al Haris Bin Kuladah.

[Al-Tibb Al-Nabawi Harful Haa; vol. no. 1; page no. 230]

#### Honey & Rutab (date) the best remedy: -

16. Hazrat Abu Hurairah 🐇 says that Nabi 🎄 said that in my knowledge fresh ripen dates (الرطب) are best remedy for excessive menstrual flow & Honey (العسل) is best for patients (البريض).

[Abu Nuaim: 459]

#### <u>Honev in Paradise: -</u>

17. Hakim Bin Mu'awiyah 🐞 narrated from his father, that Nabi 🗯 said: "Indeed in Jannah there is a sea of water & a sea of honey & a sea of milk & a sea of wine, then the rivers shall split off afterwards."

[Tirmizi: 2771; Book. 38, English vol. 4; Book. 12, Hadees. 2571]

18. Abdullah Bin Umar رخى الله عنديا narrated that Nabi 🎄 said: "Al-Kausar is a river in Jannah, whose banks are of gold & it flows over pearls & corundum. Its sand is purer than musk & its water is sweeter than honey & whiter than milk."

[Tirmizi: 3686; Book no. 47, English vol. 5; Book. 47, Hadees. 3361]

# <u>Use black caraway seeds & honey together: -</u>

19. Nabi 🕮 used (شربة عسل) Honey Syrup (honey mixed in water) & Black Caraway seeds (الحبة السوداء) (Kalonji) together.

[Abu Nuaim 459]

#### Scientific benefits of honey: -

- 1. It cures diarrhea, helpful in all diseases & all health problems, it is a natural anti-biotic, best in typhoid fever, dysentery, internal & external ulcers & lesions, peptic ulcers, gastric ulcers, duodenal ulcers.
- 2. It reduces secretion of hydrochloric acid & thus reduces acidity; it has natural enzymes thus helps digestion & digestive disorders & can be used in all types of ulcers, wounds & lesions, best for urinary tract infections.
- 3. It is best for colitis (infection in large intestine), klebsiella germs, effective in burns when applied on burn lesions & when orally used. It is helpful in diarrhea, duodenal ulcers, acidity, gastric bleeding, vomiting & nausea, pain in stomach, liver diseases & skin diseases.
- 4. It increases Hemoglobin thus cures anemia, relaxes the smooth muscles (*Intestinal muscles*).
- 5. Helps in reducing the continuous use of cortisone (steroids) as eye application in eye diseases, effective in eye diseases like corneal ulcers, dendrifrom ulcers of cornea, scotoma in cornea & conjunctivitis. It reduces dryness of eye. It also helps in herpes opthalmus (viral infection of eyes) & very effective in chronic eye diseases.
- 6. Also effective for measles, fever, congestion in brain, brain tumors, angina (pain in heart), rickets, bedwetting, calms the nerves, relaxes the urinary bladder, cold & cough, flu diseases, throat infections, chronic liver diseases, insomnia (lack of sleeps).
- 7. It reduces addiction of alcohol. Also increases complexion, treats roughness of skin, cracks of lips, infection of lips, spots on skin, gum infection & reduces skeletal muscles spasm (reduces pain in muscles).

# Contents of honey: -

1. Vitamin B1, B2, B6, B12, vitamin H, dextrose, sodium, potassium, calcium, magnesium, iron, copper, phosphorus, sulphur, chlorine, Amino acids. Different honey from different regions has variation in nutritive value.

## Uses of honey for general health: -

- 1. Mix honey in Luke-warm water in winter season & drink early morning & in summer mix honey in normal water & drink early morning. You can very safely use honey lifelong. You can mix 1 or 3 teaspoon honey, in half cup of water & drink.
- 2. Or lick honey early morning, but mixing in water is best & beneficial, can be used 1 time early morning empty stomach or also at evening 6:00 pm. It can be mixed with fruit & eaten. Can be mixed in milk & taken.

#### Uses for diseases: -

- 1. For throat infection, gums & teeth infection lick honey, 1 big teaspoon, 3 times a day. For all diseases mix 20 ml honey in 30 ml water & use it on empty stomach, 3 times a day keeping 8 hours interval.
- Honey can be mixed with fruit & eaten or honey can be mix in fresh rain water & used. For weakness in joint or body, mix honey in milk & drink.
- 3. Honey can be injected intra muscular, subcutaneous or intra venous route. But use 2.5 cc honey & 2.5 cc distal water for intra muscles route or subcutaneous route. For intra venous, mix honey 5cc or more in 100ml distal water or normal saline water. (A great research is on, throughout the world). Always start with low dose.
- 4. Honey has many enzymes, anti bacterial properties & many things which are yet not discovered & have several health benefits. It is an amazing natural medicine.

# Uses of honey for complexion: -

1. Wash your face with Luke warm water & take 1 tsp honey, 1 tsp lemon juice, 1 tsp rose water, 1 tsp of olive oil, 1 tsp aloe Vera juice, 1 pinch salt, 1 tsp cucumber juice, 1 tsp watermelon juice mix all & apply as face pack for 15 to 20 minutes & wash the face with warm water. (Prepare the above & apply instantly, do not store)

2. Eat one banana daily with breakfast. Eat watermelon at 6:00 pm empty stomach one slice daily. Eat 1 small size cucumber daily.

# Uses of honey on skin lesions:

1. Honey can be applied on burns, ulcers, diabetic ulcers & can be put in eyes for eye diseases. It can also be used for complexion with other things.

#### Indications: -

- 1. All age,
- 2. All season.
- 3. It can be used in all diseases.

# Types & qualities of honey: -

- 1. Natural or Forest honey is the best where there are lot of flowers, greenery & healthy climate.
- 2. Honey of neem (Azadirachta indica) tree, babul tree, jambul (jaamun) tree, apple tree etc can be used in various diseases (ex. Jambul tree honey may be best in diabetes, neem tree honey may be best for stomach diseases & infective diseases.)

# Science & Hadees regarding honey:

Honey offers incredible antiseptic, antioxidant & immune boosting properties for our body & gives health. It not only fights infection & helps tissue healing but also helps in reducing inflammation & is often used for treating digestive problems such as indigestion, stomach ulcers & gastroenteritis.

Researchers around the world are discovering new & exciting medical benefits of honey & other healing items produced in the hive such as propolis, royal jelly & bee pollen.

Honey is abluent & an aperient. It contains detergent & tonic properties that cleanse the arteries & bowels impurities. It opens obstructions of the liver, kidney & bladder. It is also a general preservative & it helps to preserve the potency of other natural medicinal remedies. It also helps to break up excess moisture in the bowels, such as in diarrhea.

Honey is superior to sugar in many aspects & it is less sweet but stronger & if taken excessively, it can be harmful to the bile, unless it is mixed with vinegar. Honey is good for the aged; it is a cough suppressant & is used in medicine to treat corrupted phlegm in the stomach & to soften the general constitution of the body.

Honey is also a curative for a depraved appetite & when taken as a drink mixed with hot water & a pomace made from sweet roses, it helps the treatment of rabies & is considered a safeguard from further infections.

Honey is also used as detoxicant for drug users & as an antitoxin to treat accidental eating of poisonous plants of the nightshade family (Hyoscymus niger), or wild fungus, among others. When taken as a drink mixed with hot water only, it helps as a remedy for dog bites. As a preservative, honey can be used to preserve meat for up to three months & is used in pickling cucumbers, squash, eggplant & various kinds of fruits for up to six months. Known as "the trustworthy preservative", honey was also used as a principle ingredient in embalming the dead.

The study on pollens & spores in raw honey (melissopalynology) can determine floral sources of honey. Because bees carry an electrostatic charge & can attract other particles from nature.

Modern medicine has only recently discovered the fact that honey is a remedy to many diseases. Traditional uses of honey have included honey mixed with lemon for sore throats. Honey coats the throat & reduces throat irritation. Research has already shown that honey blocks the growth of oral bacteria.

Honey has also been used for stomach pains & problems. Modern research shows that honey is effective when used in the treatment of gastric or peptic (stomach) ulcers. Research has also revealed that honey is effective in the treatment of various wounds & infections because of its antimicrobial (anti-bacterial, antiviral & antifungal) properties.

Researchers are not absolutely sure why honey heals but they are learning new things about honey every day. As mentioned in the beginning, honey contains a variety of sugars & minerals. Honey is also considered an antioxidant. This means it allows the blood to circulate better & provide more oxygen to areas of the body such as the brain.

Honey can also be used externally to promote healing when applied to wounds, even post-operative wounds. Honey has also been effective in its use to treat burns. It has even been shown to be low in calories & useful as a sweetener for diabetics, people with heart disease or those overweight.

# Conclusion of Hadees: -

1. Honey is all time best remedy for all diseases, can be licked or taken mixed in water, warm water, milk or add in medicines, best if used with Quranic verses, best time to take is empty stomach early morning, can be taken with fruits, excessive boiled water (reduced to 1/3) mixed with honey is best for kidney disorders, can be taken by all.

.....This lesson has 19 Hadees......

## Lesson no. 54 Fat Tailed Sheep (Ram): -





# **Names**

- 1. In Hadees it is called as Al-Kabash Arabi.
- 2. In Urdu & Hindi it is called as Dumba.
- 3. In English it is called as Fat rumped sheep or fat tailed Sheep.

## Introduction: ·

Fat-tailed sheep are hardy & adaptable, able to withstand the tough challenges of desert life. When feed is plentiful, fat-tailed sheep can be large in size & growth. The carcass quality of these sheep is quite good, with most of the fat concentrated in the tail area. Fat tailed sheep were bred specifically to produce the fatty tails which were used in soups & other cooking. The fat of the tails is called Allyah, with the tail representing up to 15% of the entire carcass weight.

# Nabi ﷺ's guidance about Al-Kabsh Al-Arabi (الكبش العربي): -

#### Cure for Argunisa (sciatica): -

1. Hazrat Anas Bin Malik 💩 says that Nabi 🕮 said: "The cure for Irgun-Nisa (عرق النساء) (lower back pain) is in fat-tail of Bedouin sheep, its fats should be melted & divided into 3 parts & each part (should) be taken each day on empty stomach.

[Ibn Ma-jah: 3592; Book. 31; English vol. 4; Book. 31, Hadees. 3463]

2. Hazrat Anas says that he prescribed Al-Kabsh Al-Arabi for Irqun-Nisa (lower back pain) to 300 people & Allah Ta'ala healed to all.

[Islamic Medicine page no. 166; book by Yusuf Al-Hajj Ahmad]

#### Contents of it:

Lipids, Omega-3 & 6, Fatty acids, essential & non essential fatty acids & etc.

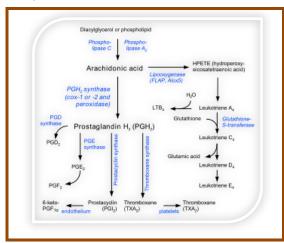
# Science & Hadees regarding fat-tailed Sheep:

#### 1. The role of fats in the treatment of this illness: -

Nabi ﷺ mentioned that the treatment of Irqun-Nisa (عرق النساء) (lower back pain), in some cases, is the Fat-tail of sheep, which is in fact right.

#### Modern science says: -

Prostaglandin is a large group of natural enzyme which acts as hormones & whole body is related with them. There are lots of functions which they act in the body.



Lipid metabolism has three branches, each is related to the type of fat consumed in a big quantity leading therefore to the formation of three

different chemical compounds (prostaglandin 1, 2 & 3) that have opposite effects from each other. These compounds, called the prostaglandins, resemble the hormones & have different effects on pains & inflammations in the body.

Prostaglandins type 1 prevent pain & come from the fatty acid called gamma linoleic acid (GLA) that belongs to the omega 6 fat group found on a limited basis in some wild plant. These products help to convert linoleic acid to gamma linoleic acid & then to prostaglandins type 3.

Prostaglandins type 2 on the other hand, augments the pains. These are formed from omega 6 fat group as well & mainly from linoleic acid found in margarines & cakes, as well as vegetable oils.

A prostaglanding type 3 is known for their calming action on the pains & inflammations. Those are formed from Alpha Linoleic Acid (ALA), which is converted to the two compounds EPA & DHA. Alpha Linoleic Acid is found in the oils of natural leaves & herbs & so this is an advantage of the natural vegetal food eaten by humans & animals like the sheep living in a desert (oasis) especially fat-tailed sheeps. Oils that contain alpha linoleic acid are cheap. Those belong to the omega-3 group known for its large benefits & are liquid in room temperature.

## Sciatica pain (Irgun Nisa): -

Sciatica is large & thick pair (right & left) of nerve descending from lumber & sacral spine.



Sciatica means pain affecting the back, hip & outer side of the leg, caused by compression of a spinal nerve root in the lower back, often owing to degeneration of an intervertebral disc.

## Some of the benefits of fats of omega-3: -

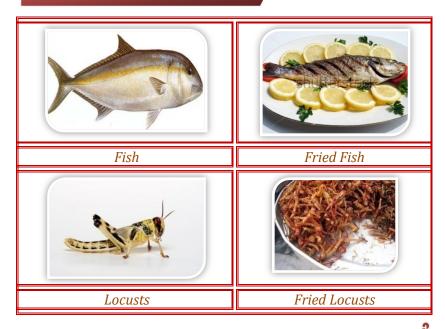
- 1. They reduce cholesterol level, protection from heart diseases & brain strokes, protection from arterial hypertension, rheumatoid, eczema & cancers. Also weight loss, formation of the tissues of the brain, the eye, the ear, the reproductive glands & the other glands tissues, formation of the membranes surrounding all the cells of the body & acting to protect the cells, repairing the nervous tissues as in the case of a herniated disk, one of the principal causes of Sciatica, inflammation of nervous tissues, which is the second main cause of Sciatica.
- 2. The desert sheep live on natural herbs, rich in the omega 3 fats & from it 700 medicines are prepared. The beneficial oils the sheep obtains from these herbs are stored in its tail.
- 3. Nabi & said that the tail should be melted first & so the harmful bacteria & germs are killed by the heat.
- 4. It should also be taken in three days, not more, to avoid fat oxidation & rancidity.
- 5. It should be taken on an empty stomach, so that no other lipids compete with the lipids of the tail for absorption in the digestive tract at the vesicles & pancreas level, in addition to the cellular level where the enzymes acting at the membrane convert those lipids of the omega 3 group to the beneficial type 3 prostaglandin that reduce the inflammations & the pain caused by Sciatica.

## **Conclusion of Hadees:**

Its tail-fats are a cure for sciatica but many scholars says that this advice was for a particular people of a particular region.

	•		
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# Lesson no. 55 Fish (Samak) (السهك): -



# **Names**

- 1. In Hadees they are called as Samak (السبك).
- 2. In English they are called as Fish.
- 3. In Hindi they are called as Macchli.

Please remember the above names of fish are general names in the respected languages & they are of many types, having different shapes, sizes, types, small, big, different structures & etc.

# Quranic references: -

1. In Surah Nahl verse. 14, it is mentioned as:

# وَهُوَ الَّذِي سَخَّرَ الْبَحْرَ لِتَأْكُلُوا مِنْهُ لَحُمَّا طَرِيًّا

**Translation:** "And He (Allah Ta'ala) is Who has subjected the sea (for you), that you eat these of fresh tender meat (*i.e.* Fish).

2. In chapter 35 Surah Fatir verse no. 12, It is mentioned as:

<u>Translation:</u> "And the two seas (kind of sea water) Are not alike, (one is) this is palatable sweet & pleasant to drink & (other) that is salt & bitter & from them both, you eat fresh tender meat (fish) & derive the ornaments that you wear.

3. In chapter 5 Surah Ma'idah verse no. 96. It is mentioned as:

**Translation:** "Lawful to you I (the pursuit) water game & its use for food-for the benefits of yourselves & those who travel.

# Nabi ﷺ's guidance about Samak (السهك) fish: -

# Two dead & two types of blood are Halal: -

1. Hazrat Abdullah Bin Umer رض الله عنها says that Nabi ﷺ said: "Two dead things & two types of blood are allowed (to eat), the two dead things are Fish & Locusts (الجراد) (Jaradh), & two types of blood are Liver & Spleen".

[Ibn Ma-jah: 3439; Book. 29; English vol. 4; Book. 29, Hadees. 3314]

Locusts (الجراد) (In Hadees they are called as Jaradh) are type of eatable grasshopper green, in Hindi & Urdu it is called as Tidda.

#### About Locust: -

2. Narrated by Abu Ya'far Al-Abdi ه said that he participated in 6 military expeditions with Nabi ه & we eat Locust (الجراد).

[Tirmizi: 1821; Book. 25; English vol. 3; Book. 23, Hadees. 1821]

#### Sea water & its products: -

3. Hazrat Abu Hurairah 🎄 says that one person asked to Nabi 🕸 that "we are travelers on sea, & we do not have lot of water with us, can we do WAZOO with sea water? Nabi & answered that, sea water is pure (usable) & its products are also permissible.

[An-Nasai: 332; Book. 2; English vol. 1 Book. 2, Hadees. 333]

#### First food, eaten by people of Jannah: -

4. Narrated by Anas 🐞 (It is a part of a long Hadees) a Jew asked to Nabi that what will be the first meal taken by the people of Jannah (Paradise)? Nabi & answered "The first food that will be eaten by people of Januah will be Caudate or extra lobe of fish liver".

[Bukhari: 3329; Book. 60; English vol. 4; Book. 55; Hadees. 546]

#### <u> Amber (sperm whale) fish: -</u>

5. Hazrat Jabir 🐟 says that a group of a Sahabah (companions of Nabi 🙈) told to Nabi & about their getting & eating of a huge fish for 15 days. (Amber) (sperm whale) which was throw out by the sea, actually they were 300 Sahabah on a journey & all eatables were finished, they had nothing proper to eat since many days, & they saw a huge fish thrown out on the bank, its ribs were very huge & they ate it, Nabi & answered: "It was a provision, which Allah brought for you" (people) & asked, do you have any of its flesh, that you can give us to eat? Hazrat Jabir 🐞 was pleased & he sent some meat to Nabi 🗸 which Nabi & ate. (Some of the part of Hadees is from different Hadees).

[Muslim: 1935 A; Book. 34; English Book. 21; Hadees. 4756]

6. Narrated by Abu Zar 🎄 that "I heard Nabi 🐉 saying: 'Everyone in the universe, in the heavens & on earth, prays for forgiveness for the scholar (Aalims), even the fishes in the sea."

[Ibn Ma-jah: 245; Book. 1; English vol. 1; Book. 1, Hadees. 239]

#### **Qualities of Fish: -**

The fish which has good taste & smell, is of medium size, thin skinned, meat is not tough or dry, lives in clean fresh water, eats plants & do not eat dirt, is of whitest colour etc are best for use.

## Scientific benefits:

- 1. Fishes are beneficial in hydrocephalus, T.B, ulcers, kidney problems, pain in back & joints & increases libido. It is also beneficial for metabolism because they have natural sulphurs & are good for skin, hairs, nails, joints, brain, heart, kidney, liver, thyroid gland, bones.
- 2. They are helpful in heart problem, obesity, (because fish oil has conjugated linolenic acid, DHA, EPA); it also reduces cholesterol, triglycerides & controls blood pressure.

#### Contents of it: -

Vitamin A, D, C, E, B1, B2, B3, B5, B6, B7, B12, iodine, sodium, potassium, calcium, phosphate, chloride, sulphurs, iron, linolenic acid, D.H.A, E.P.A, unsaturated fatty acids, proteins, omega 3 fatty acids etc.

## Uses: -

1. Cooked in gravy, fried or roasted, fish oil like salmon oil, cod liver oil, shark liver oil etc has great health benefits.

## The explanation & conclusion of the Hadees:

The Hadees declares that these things are lawful for Muslims to eat, since it is only Allah who makes things lawful & unlawful. It can be assumed that this Hadees was mentioned after the verse was revealed in which Allah says:

<u>Translation:</u> Forbidden to you are carrion, blood & the flesh of swine. [Surah Al-Mâ'idah verse no. 3]

# Its legal implications: -

The Hadees says that the dead (fish) of the sea are lawful to eat. It says in the Qur'an:

<u>Translation:</u> "Made lawful for you are the game of the sea & its food, a provision for you & for the travelers."

[Surah Mâ'idah verse no. 96]

A good number of Companions, including Abu Bakr الله Abu Ayyub & & Ibn Abbas رض الله عبيا have explained that "the game of the sea" refers to what is acquired by fishing & that "its food" refers to the sea animals that have died in it.

[Tafsîr al-Tabarî (7/63-69) & Sunan al-Bayhaqî (9/253-255]

Scholars, however, have different opinion regarding the dead fish that float belly-up upon the surface of the water when its occurrence is not as a result of a recent event.

The first opinion is that such fish are lawful to eat. This, as we already mentioned, was the opinion of Abu Bakr ﴿ Abu Ayyub ﴿ & Ibn Abbâs وحى الله عنها & a number of other Companions. Abu Bakr ﴿ for instance, said plainly: "The fish floating upon the surface of the water are lawful, so whoever wants to do so may eat of it."

[Musannaf `Abd al-Razzâq (4/503) with an authentic chain of transmission]

This opinion was held by a number of successors & jurists, like `Atâ', Abu Rabâh, Mahkûl, Ibrâhîm Al-Nakha`î & Abu Thawr. It is also the view of the Mâlik, Al-Shâfî`î & Ahmad Bin Hanbalî as well as their respective schools of law.

Of course, the proponents of this view cite the Hadees under discussion as evidence. They also cite the Hadees what Prophet said about the sea: "Its water purifies & its dead are lawful." It is the generality of both these Hadees, as well as of the verse mentioned above, that makes their case. The wording of these texts is sweepingly general, not allowing for the exception of anything.

They also cite as evidence the Hadees related by Jabir about the expedition under the leadership of Abu Ubaidah that they faced

starvation. While they were traveling along the coast came across the carcass & a whale was thrown by the sea on the bank, from which they ate & from which they took some of the meat with them as a provision. When they returned to Madinah, they informed Prophet & of what they did & He & said to them: "This is a provision that Allah had brought for you. Do you have with you any of the meat to give to us to eat?" They later sent some of the meat to the Prophet 3 & He 3 ate from it.

This story is evidence that the dead of the sea are lawful to eat. It also shows us that it makes no difference whether the animal died in the sea or after it was cast out upon the land, since neither the Companions nor the Prophet & concerned themselves with ascertaining how the whale had died. One of the well-known principles of Islamic jurisprudence is that whenever the Prophet & refrained from inquiring into the details of a situation when various possibilities existed, it indicates that the ruling is general & applies regardless of the circumstances.

The second opinion on this matter is that it is disliked in Islamic Law to eat the dead fish that float upon the surface of the water. This was the opinion of Jâbir Bin Zayd & Tâ`ûs. It is also the view that was held by Abu Hanîfah & his colleagues.

They cite the Hadees related by Jabir & that states: "From what the sea casts out or leaves behind you may eat, but from what dies at sea & floats to the surface you may not eat." However, Abu Dâwûd says: "Sufyân Al-Thawrî, Ayyub & Hammâd relate this Hadees from Abu Zubayr as being a statement of Jabir 🐟. This Hadees has been attributed to the Prophet 🙈 with a weak chain of transmission form Ibn Abî Dhi'b from Abu Zubayr from Jabir ..."

Besides the fact that it cannot be authentically attributed to the Prophet it has another defect even when it is related merely as a statement of Iabir . Abu Zubayr relates it without saying decisively that he heard it from Jabir . For a narrator like Abu Zubayr, this is a problem, since he was known for relating things that he had heard indirectly. A good number of scholars have declared this to be weak, including "Abd Al-Haqq Al-Ishbîlî, Ibn Al-Qayyim & more recently Al-Albânî.

#### Al-Nawawî writes:

As for the Hadees that is related from Jabir , scholars of Hadees agree on the fact that it is weak & that it cannot be used as evidence even if no other evidence exists to contradict it. How, then, can it be used when it is contradicted by other evidence?

The strongest opinion on the matter is the opinion held by the majority of scholars, since this is the opinion that is supported by the evidence. & Allah knows best.

#### Author's opinion: -

Most of the fishes which we eat come from hunting by fishing & they do not die in water nor do they float; so there is no harm & wrong in eating them.

#### Science & Hadees regarding Fish & locust: -

According to the book "Insects" by Steve Parker, Locusts are an excellent source of protein & contain a variety of fatty acids & minerals, vary in protein content from about 50 percent of dry weight to almost 60 percent, It contains adequate amounts of iodine, phosphorus, iron, thiamine, riboflavin, niacin, as well as traces of calcium, magnesium & selenium. Carbohydrate levels are very low in locusts, which makes them a good candidate for Atkins & Paleo types of diets. It has 20 grams of protein & just 6 g of fat per 100g.

## <u> Fish liver or fish liver oil: -</u>

"The livers of edible fish are a good source of long-chain polyunsaturated fatty acids (LCPUFA), especially those in the omega 3 family, such as eicosapentaenoic acid (EPA) & docosahexaenoic acid (DHA)," José Luis Guil-Guerrero, lead author of the study, said. These fatty acids are used to prevent & treat various complaints, such as some kinds of cancer, depression, Alzheimer's disease, schizophrenia, behavioural problems & cardiovascular diseases.

The study focused on 12 kinds of fish that are commonly eaten in south eastern Spain, such as hake, shortfin mako & European pilchard. The livers of the great weever (Trachinus draco) & the European anchovy (Engraulis encrasicolus) were those that showed up the highest levels of LCPUFA (51.4% & 47.9% out of the total fatty acids, respectively). In

addition, all the species had a combination of omega-3/omega-6 acids that is "beneficial for human consumption," especially in the case of the liver of the blue whiting (Micromesistius poutassou).

"Unfortunately, discarding these livers means that all their nutritional properties are missed," says Guil-Guerrero, "and if they were used this would also reduce the environmental pollution caused by throwing innards into the water, which is an inherent problem in the fish product processing industry in coastal areas."

#### Fish oil: -

- 1. Fish oil decreases cholesterol level, protects from heart diseases & brain strokes, Also protects from arterial hypertension, rheumatoid, eczema & cancers, weight loss, formation of the tissues of the brain, the eyes, the ears, the reproductive glands & the other glands' tissues. formation of the membranes surrounding all the cells of the body & acting to protect the cells, repairing the nervous tissues as in the case of a herniated disk, one of the principal causes of Sciatica, inflammation of nervous tissues, which is the second main cause of Sciatica.
- 2. Fish oil contains omega-3, omega 6, which contains both docosahexaenoic acid (DHA) & eicosapentaenoic acid (EPA). Omega-3 fatty acids are essential nutrients that are important in preventing & managing heart diseases.

Findings show omega-3 fatty acids may help to Lower blood pressure, reduce triglycerides, slow the development of plaque in the arteries, reduce the chance of abnormal heart rhythm, reduce the likelihood of heart attack & stroke & lessen the chance of sudden cardiac death in people with heart diseases, good for brain, bones, skin, hairs, nails, eves & etc. Fish is beneficial for hydrocephalus (collection of fluid in the brain in infants), tuberculosis, ulcers, kidney problems & pain in the back & ioint & increases libido.

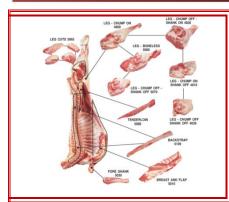
# **Conclusion of Hadees:**

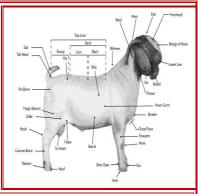
Two dead things & two types of blood are allowed (to eat), the two dead things are Fish & Locusts (الجراد) (Jaraad), & two types of blood are Liver & Spleen, sea water is pure (usable) & its products are also permissible.

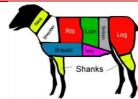
First food that will be eaten by people of Jannah (Paradise) will be Caudate or extra lobe of fish liver, 300 Sahabah ate sperm whale a large fish for 15 days. Everyone in the universe, in the heavens & on earth, prays for forgiveness for the scholar (Aalims), even the fishes in the sea. Please consider views of scholars regarding dead animals of sea.

.....This lesson has 6 Hadees.....

# Lesson no. 56 Meat (لحم) Lahm: -







Various Cuts of Labm

## **Names**

- 1. In Hadees it is called as Lahm (لحم).
- 2. In Hindi & Urdu it is called as Gosh.
- 3. In English it is called as Meat or Flesh.
- 4. Shoulder meat & Foreleg is called as Zara'a (النرع) in Hadees.
- 5. Back meat is called as Zahr (الظهر) in Hadees.
- 6. Dried meat is called as Qadid (القديد) in Hadees.

# Quranic references of it: -

1. In Surah Ma'idah

verse no. 1.

2. In Surah Nahl verse no. 14.

3. In Surah Bakr

verse no.

259.

4. In Surah Toor

verse no.

22.

## Introduction: -

Meat has been a big part of eatables among human since many years & is eaten worldwide. Human eat various types of meat of various animals & birds, but we should not eat all types of animals or birds.

## Islamic Laws regarding meat:

#### According to Quran: -

The Quran forbids meat of animals that die of themselves, blood, the meat of swine (porcine animals, pigs), flowing blood, neck strangulated, beaten till death, dead due to fall from height, accidental death, death & eaten by a wild animal, Animal slaughter un-Islamically & animals dedicated to other than Allah (either undedicated or dedicated to idols) which are Haraam & opposed to Islamic rules.

حُرِّمَتُ عَلَيْكُمُ الْمَيْتَةُ وَاللَّمُ وَلَحُمُ الْخِنزِيرِ وَمَا أُهِلَّ لِغَيْرِ اللَّهِ بِهِ وَالْمُنْخَنِقَةُ وَالْمَوْدَةُ وَالْمُتَوَدِّيَةُ وَالنَّطِيعَةُ وَمَا أَكَلَ السَّبُعُ إِلَّا مَا ذَكَّيْتُمُ وَالْمُنْخَنِقَةُ وَالْمُنْخَنِقَةُ وَالنَّطِيعَةُ وَمَا أَكَلَ السَّبُعُ إِلَّا مَا ذَكَّيْتُمُ وَمَا ذُئِحَ عَلَى النَّصُبِ وَأَن تَسْتَقْسِمُوا بِالْأَزْلَامِ 

وَمَا ذُئِحَ عَلَى النَّصُبِ وَأَن تَسْتَقْسِمُوا بِالْأَزْلَامِ 

ذُلِكُمْ فِسْقٌ 

الْمَيْوَمَ الْكُمْ وَاخْشَوْقُ 

الْمَيْوَمَ الْكُمْ وَالْمَهُ وَالْمَالُامَ وَيَعْمَى وَرَضِيتُ لَكُمُ الْإِسُلَامَ وِينًا 

اضْطُرَّ فِي عَنْمَصَةٍ عَيْرَ مُتَجَانِفٍ لِإِثْمِ لَا فَإِنَّ اللَّهَ عَفُورٌ رَّحِيمٌ ﴿

اضْطُرَّ فِي عَنْمَصَةٍ عَيْرَ مُتَجَانِفٍ لِإِثْمِ لِ فَإِنَّ اللَّهَ عَفُورٌ رَّحِيمٌ ﴿

[Surah Maaidah: 3]

## **According to Hadees: -**

## In Hadees, following meats are not allowed to be eaten: -

1. Animals feeding dirty things, their Meat & Milk both are not allowed to eat or drink.

- 2. Pet Donkey, Pig, Cat, frog, dog, Crow, wild animals (fox, wolf & etc) meats are not allowed to eat.
- 3. Animals who die, due to drowning & sea animals, which die in the sea & their body floats.
- 4. We are not allowed to cut any body part of an animal, while it is alive & eaten.
- 5. Animals & bird which hunt with their claws their meat is not allowed.
- 6. Cow meat in not liked to be eaten etc.

# Nabi &'s guidance about Meat:

#### Meat (لحم) the top class food: -

1. Hazrat Abu Darda 🐗 says that Rasoolullah 🐉 said: At the top (سيدالطعام) among all eatables of Earth & Jannah is Lahm (کمر) (Meat).

[Ibn Ma-jah: 3430; Book. 29; English vol. 4; Book. 29, Hadees. 3305]

#### Meat (کم) liked by Rasoolullah ﷺ: -

2. Hazrat Abu Darda 🕸 says that, whenever Rasoolullah 🕮 was called for a Feast to eat Lahm (لحم) (Meat), he accepted it, & whenever meat was sent, He & accepted it.

[Ibn Ma-jah: 3431; Book. 29; English vol. 4; Book. 29, Hadees. 3306]

## Prohibited to eat or drink milk of animals which eat dirty stuffs: -

3. Narrated by Abdullah Ibn Umar رضي الله عنهيا that Nabi 😹 prohibited eating the animal meat which feeds on filth nor drinking its milk.

[Abu Dawud: 3785; Book. 28; English Book. 27; Hadees. 3776]

# Swine & dead meat prohibited: -

4. Narrated by Abu Hurairah 🐟 that Nabi 🕸 said, Allah (has) forbade wine & the price paid for it & forbade dead meat & the price paid for it & forbade swine (الْجِنُزية) & the price paid for it.

[Abu Dawud: 3485; Book. 24; English Book. 23; Hadees. 3478]

# Donkey prohibited: -

5. Narrated by Ibn Umar رضى الله عنها that Nabi ﷺ prohibited the eating of donkev's meat.

[Bukhari: 5522; Book. 72; English vol. 7; Book. 67; Hadees. 431]

#### Prohibited meat of animals who have fangs: -

6. Narrated by Abu Sa'labah 🐗 that Nabi 🕮 forbade the eating of the meat of beasts having fangs.

[Bukhari: 5530; Book. 72; English vol. 7; Book. 67; Hadees. 438]

(Please refer the next lesson Prohibited eatables & drinks).

## <u>Meat of Shoulder or fore leg (النب ع) (Al-Zaraa'a): -</u>

7. Hazrat Abu Hurairah النرع) (Meat) of shoulder (النرع) (Al-Zaraa'a) (of Goat) was sent for Rasoolullah هه because Rasoolullah هه liked it, & Nabi هه ate it by cutting & pulling the cooked meat with His هه (respected) teeth.

[Tirmizi: 1837; Book. 25; English vol. 3; Book. 23, Hadees. 1837]

8. Narrated by A'isha رضى الله that the foreleg (shoulder) (اللّذِرَاعُ) was not the part of the meat that the Rasoolullah الله liked most, but He would not get meat (every time) but occasionally. So it would be hastened to Him هه because it cooks quickly".

[Tirmizi: 1838; Book. 25; English vol. 3; Book. 23, Hadees. 1838]

# Lahm (لحم) (Meat) of back (Al-Zahr) (الظهر), the best: -

9. Hazrat Abdullah Bin Jafar Ibn Zubair الطهية says that, he slaughtered a camel for people (to eat) & said, people were cutting meat of back of the camel (Al-Zahr) (الظهر) for Rasoolullah الله because Nabi الطهر & Rasoolullah ه use to say: "The best part of the meat is Al-Zahr (الظهر) (back meat).

[Ibn Ma-jah: 3433; Book. 29; English vol. 4 Book. 29, Hadees. 3308]

10. Hazrat Abdul Bin Jafar الظهر says that Nabi هج said: "The best part to eat meat is of back (Al-Zahr) (الظهر).

[Shamaa'il Muhammadiyah: 171; Book. 26; English Book. 25; Hadees. 162]

# Lahm (Meat), Wazoo & Salah (Namaz): -

11. Hazrat Abdullah Bin Al-Haris & says that, we ate roasted meat with Rasoolullah & & after eating Rasoolullah & cleaned His (respected) Hands with a stone & offered Salah (Namaz) without doing Wazoo.

[Ibn Majah: 3436; Book. 29; English vol. 4; Book. 29, Hadees. 3311]

#### (May be Rasoolullah & were in Wazoo).

12. Hazrat Amr Bin Ummiyah الندع says that he saw Rasoolullah having roasted shoulder meat (الندع) of a goat in His (respected) Hand & He was cutting & eating the meat, since than Rasoolullah was called for Salah (namaz), Rasoolullah kept the meat & knife & stood up & offered Salah (Namaz) without doing Wazoo.

[Bukhari: 5408: Book. 70; English vol. 7; Book. 65; Hadees. 319]

(May be Rasoolullah & were in Wazoo).

13. Hazrat Mughirah Bin Shaibah says that "One night I was guest of Rasoolullah s, He specially offered roasted leg meat & Himself cut the meat with knife & use to give me.

[Abu Dawud: 188; Book. 1; English Book. 1; Hadees. 188]

14. Hazrat Umme Salma رضى الله عنها says that she gave to Rasoolullah هج roasted front leg of a goat to which Nabi هج ate & than offered Salah (Namaz) without doing Wazoo.

[Tirmizi: 1829; Book. 25; English vol. 3; Book. 23, Hadees. 1829]

15. Hazrat Abdullah Bin Al-Hars 🌞 says that we ate roasted meat with Rasoolullah 🗸 in Masjid.

[Shamaa'il Muhammadiyah: 165; Book. 26; English Book. 25; Hadees. 156]

# Salah, Wazoo & Lahm (meat): -

16. Hazrat Ibn Abbas رضى says that "Nabi ﷺ took out a piece of meat from a cooking vessel (which was kept for cooking) ate it & went to offer Salah without doing Wazoo.

[Bukhari: 5405; Book. 70; English vol. 7; Book. 65; Hadees. 316]

(Means Nabi & were in Wazoo).

# About Oadid (القديد) (dried Meat): -

17. Hazrat Ibn Masood says that, one person came to Rasoolullah & & due to honor & respect, his body started to tremble (tremors), seeing

this, Rasoolullah & said, I am not a King, I am Son of a (poor) Lady, who ate Qadid (القديد) (dried meat).

[Ibn Ma-jah: 3437; Book. 29; English vol. 4; Book. 29, Hadees. 3312]

Qadid (القديد) is dried meat, means salt is applied to meat & kept for drying, so that they can use it, whenever necessary, poor people of that time use it.

#### About Cannon Bone (Paya): -

18. Hazrat A'isha رضى الله عنها says that, we use to keep (separate) the Cannon bones (Paya) of Ourbani animals for Rasoolullah & because Rasoolullah & would eat them 15th days after Qurbani.

[Ibn Ma-jah: 3438; Book. 29; English vol. 4; Book 29, Hadees. 3313]





Paya (Cannon Bone)

#### About Chicken: -

19. Narrated by Zahdam that Abu Moosa Ashari 🧠 said that he saw Nabi ating Chicken.

[Tirmizi: 1827; Book. 25; English vol. 3; Book. 23, Hadees. 1827]

# Meat of Bustard (A type of bird) (Hubaari): -

20. Narrated Ibrahim Bin Umar Bin Safinah 📥 said from his father, from his grandfather that he ate meat of Bustard (غياري) (a type of bird) with Nabi 🙈.

[Tirmizi: 1828; Book no. 25, English vol. 3; Book. 23, Hadees. 1828]

(Bustard in Hadees is called as Hubaari).

#### Rabbit's meat: -

21. Narrated by Hisham Bin Zaid that he heard Anas Bin Malik saying that, Nabi has eaten Rabbit's meat.

[Tirmizi: 1789, Book 25, English vol. 3; Book. 23; Hadees. 1789]

(It is a part of a long Hadees).

#### Two dead & two types of blood as Halal: -

22. Hazrat Abdullah Bin Umar رخىالله عنها says that Nabi ﷺ said: "Two dead things & two types of blood are allowed (to eat), the two dead things are Fish & Locusts (Jarad), & two types of blood are Liver & Spleen".

[Ibn Ma-jah: 3439; Book. 29; English vol. 4; Book. 29, Hadees. 3314]

Locusts (الجراد) (In Hadees they are called as Jaradh) are type of eatable grasshopper green, in Hindi & Urdu they are called as Tidda.

#### Cure for Irgun Nisa (sciatica): -

23. Hazrat Anas Bin Malik اعرق says that Nabi ه said: "The cure for Irqun-Nisa (عرق النساء) (lower back pain) is in fat-tail of Bedouin sheep, its fats should be melted & divided into 3 parts & each part (should) be taken each day on empty stomach.

[Ibn Ma-jah: 3592; Book. 31; English vol. 4; Book. 31, Hadees. 3463]

Sciatica is pair of (right & left) thick & large nerve descending from lumber & sacral spine, compression on it by herniated disc giving a radiant pain from lower back to leg or legs & this condition is called as sciatica.

# Cow Milk & its ghee the best medicine, but meat of it is disease: -

24. Hazrat Mulaika Bint Amr رض الله عنها says that Rasoolullah ﷺ said: "There is cure in Cow's milk, its ghee/butter is beneficial, but its meat has diseases".

[Abu Nuaim: 858]

25. Hazrat Abdullah Bin Masood ه says that Nabi ه said: "For your benefit, Cow's milk (اللبي ) is present, its Milk (اللبي ) & Ghee are best medicine. but its meat has diseases".

[Abu Nu-aim: 858]

## Increase the gravy: -

26. Narrated by Alqamah Bin Al-Muzani says from his father that Nabi said: "When one of you buys meat, let him increase its gravy, for if you did not get meat you will have gravy; & it is one of the two meats".

[Tirmizi: 1832; Book. 25; English vol. 3; Book. 23, Hadees. 1832]

#### Increase the gravy to serve it to neighbours: -

27. Narrated by Abu Zar \* that Nabi \* said: "Let one of you not consider any good deed (Neki) as unimportant, if you have nothing then meet your brother with a smiling face, if you buy some meat or cook something in a pot, increase the gravy & serve some to your neighbour".

[Tirmizi: 1833; Book. 25; English vol. 3; Book. 23, Hadees. 1833]

#### Camel's meat: -

28. Narrated by Jabir Bin Samurah shat Nabi shat commanded us to perform ablution (wazoo) after eating camel meat but not to perform ablution after eating the mutton.

[Ibn Ma-jah: 534; Book. 1; English vol. 1; Book. 1, Hadees. 495]

# Contents of Meat: -

It has protein, sulphur, phosphorus, copper, iron, magnesium, calcium, potassium, sodium, carbohydrates, fats, & all vital vitamins. Goat Meat is loaded with the all the required healthy nutrients for the body in high amounts.

It contains B complex group vitamins (B1, B2, B3, B9, B12), vitamin E, vitamin K, choline, protein, natural fats, betaine, cholesterol, amino acids, minerals (manganese, calcium, iron, zinc, copper, phosphorus, selenium), electrolytes (sodium, potassium), omega 3 Fatty Acids & omega 6 Fatty Acids. It is very nutritional food for the health.

# Scientific benefits of meat: -

- 1. It contains low level of saturated fat & cholesterol.
- 2. It contains lower value of saturated fats, cholesterol & high value of unsaturated fats thus it is safe for the heart & reduces the risk of

- cardiovascular diseases & other chronic problem, balances cholesterol Level.
- 3. Unsaturated fats found in it improve the good blood cholesterol (HDL) levels, provides relief from inflammations & keeps heart healthy.
- 4. It helps in maintaining the heart beats, lowering down the blood pressure & reduces the risk of atherosclerosis, coronary heart diseases & keeps the heart healthy.
- 5. It helps in weight control & reduces risk of obesity.
- 6. It contains lean proteins in high amount; low saturated fat, thus helps in controlling weight & reduces the risk obesity,
- 7. Proteins found in it acts as a hunger suppressing agent & keeps the stomach full for longer time thus helps in controlling weight.
- 8. Full of vitamins & nutrients, it contains lots of vitamins & nutrients which help in burning fat.
- 9. It is beneficial during pregnancy, prevents from anemia (low haemoglobin) in pregnancy & prevents from anemia during pregnancy to both mother & baby by increasing the blood hemoglobin level in mother & enhancing blood supply to the baby as it contains high iron level (3mg iron/100g of goat meat) & reduces risk of Iron-deficiency diseases.
- 10. It prevents from other iron-deficiency diseases, reduces the risk of birth defects among new born babies, neural tube defects & etc.
- 11. Nourishes blood cells, it contains high level of vitamin B12 which nourishes the blood cells & makes it healthy.
- 12. Reduces risk of cancer, it has selenium & choline which is very beneficial to be prevented from cancer.
- 13. Makes men powerful & it helps in improving sex power among men as it contains torpedo & bile which enhances the ability of male sexuality.
- 14. Relieves menstrual pain & it helps in iron recovery among women during menstruation & provides relief from the menstrual pain.
- 15. Makes skin glowing & healthy & it provides better nourishment to the skin & makes it healthy, soft, supple, glowing & smooth, provides relief from skin problems.

- 16. It provides relief from skin problems like psoriasis, eczema or acne & other problem by nourishing the skin, effective in dry skin.
- 17. It also provides relief from the dry skin & rashes problems by making the skin soft & supple.
- 18. Reduces risk of many diseases.
- 19. It reduces the risk of infections, type 2 diabetes & other diseases if eaten regularly & reduces cardio diseases risk.
- 20. It contains low sodium level & high potassium level thus safe food for the heart & prevents from the high blood pressure, risk of stroke, kidney diseases & etc.
- 21. Promotes energy metabolism, it contains niacin vitamin which involves in promoting the energy metabolism.
- 22. Healthy food for bone, teeth & hair, it provides better nourishment to the bones, teeth & hairs thus prevents from osteoporosis, joints pain & toothache & hair loss.
- 23. Strengthens immunity system & it helps in improving the power of immune system & prevents from various infections.
- 24. It prevents from early ageing, It helps in maintaining the functioning of thyroid gland & prevents from the early ageing as it protects from the free radicals, keeps blood sugar under control.
- 25. It normalizes the blood sugar level thus keeps blood sugar level under control among diabetic patients, reduces stress level, it enhances the mood level by preventing from the depression & stress & promotes brain development.
- 26. It enhances the memory power among kids by helping in proper brain development.
- 27. Keeps body healthy & strong.
- 28. Goat meat is called as mutton & so mutton cannon bone (leg) soup is very famous, delicious & healthy for the health especially bones. It is rich in calcium & helps in bone building & teeth strengthening. It enhances producing new body cells thus delay the ageing. It is good for weight watchers as it is rich in protein which keeps stomach full longer.

# Science & Hadees regarding meat:

#### <u>Swine meat prohibited: -</u>

Pigs have no neck that makes it impossible to be slaughtered in the Islamic way (The Halaal way) & thus getting rid of the blood, which contains an abundance of uric acid, a toxic chemical substance that can be injurious to human health.

#### Diseases caused by eating pork: -

Eating the meat of pig can cause over seventy different types of latent diseases as their body contains many toxins & deadly parasitic worms like tapeworm, roundworm, pinworm, hookworm, etc. If you eat pork you are likely to ingest many of these worms or their eggs into your body! Most dangerous among them is the Tapeworm. These worms can enter the human body through the mouth, anus, nose, or skin, with most species attaching themselves to the intestinal tract. That is why you have to stay away from pigs. Once inside the body, these worms lay eggs & raise a family! The baby worms along with their parents stroll inside your body & can reach any organ easily. If they enter the brain it can cause memory loss. If they enter the heart it can cause heart attack, if they enter the eyes, it can cause blindness & if they enter the liver, it can cause liver damage. Simply, it can damage almost all the organs of the body. One in six people in the US & Canada has trichinosis from eating trichina worms (roundworms), which are found in pork. These worms are found in the flesh of pigs & the diseases caused by eating pork are incurable once it reaches beyond a certain stage.

Pork has very little muscle building material & contains excess fat. This fat gets deposited in the vessels & can cause hypertension (high B.P) & heart attack. Those who consume pork are more prone to obesity because of the high fat content in pork. In this group, blood cholesterol level is frequently higher than normal; pork-eaters are more susceptible to arteriosclerosis (hardening of arteries of heart), which may result in cardiovascular diseases, malfunction of the brain blood-circulation, vascular pathology of the lower limbs, etc.

Influenza or flu is one of the most lethal illnesses that pigs share with humans. This illness is harboured in the lungs of pigs during summer & tends to effect pigs & humans in the cold months. Eating pork also leads to gallstones & noxious diseases. It is one of the filthiest animals on earth. It lives & thrives on muck, faces (shit or poop) or excreta & dirt. Often trash is collected & fed to pigs.

Pigs will scavenge & eat any kind of food, including dead insects, worms, tree bark, rotting carcasses, garbage, small animals & even other pigs. Surprisingly, pigs eat their own babies! They eat anything & everything. Even if pigs are bred in clean & hygienic conditions they are kept together in farms or barns & they simply cannot resist eating filthy substances or shit from other pigs & of their own. They are just filthy by nature.

Another interesting fact is that the pig excretes only 2% of its total uric acid content; the remaining 98% remains an integral part of the body.

# Blood prohibited: -

The reason why the blood that is "poured forth" is forbidden to us is because of the information that has become well known & well established nowadays among the doctors & those who carry out medical tests & study microscopic creatures, which is that blood is considered to be the optimum environment for the growth of germs. So if a person drinks blood it is as if he has drunk a "farm" for growing germs, in which the germs can multiply & grow, producing lethal poisons which, as is well known, have extremely harmful effects which result in germs invading the human body resulting in the person contracting contagious & lethal diseases. By cooking or boiling at any degree spores & capsule secreting organism do not get killed & there is no question that blood can be cook or boiled & eaten.

# Meat the king of all eatables: -

Meat proteins are excellent they contain all the amino acids that we need, while most plant proteins have a suboptimal amino acid profile, not surprisingly, consumption of animal protein is associated with increased muscle mass & people who eat an omnivorous diet have more muscle than people eating a vegetarian diet. Studies also show that vegetarians have much lower testosterone levels than their meat-eating counterparts. Low testosterone is associated with reduced strength, less muscle mass, more fat gain, depression & reduced self-esteem. Another thing that protein is important for is bone health. The studies show that consumption of protein, especially animal protein, is associated with increased bone density in old age & a lower risk of fractures & much more.

## **Conclusion of Hadees: -**

Meat is at the top of all eatables on earth & Jannah, accept feast of meat, do not eat meat or drink milk of animals that eat dirty stuffs, bite the meat with teeth, perform wazoo after eating camel meat, try to avoid cow meats, fat tail of sheep are cure for sciatica, increase the gravy & give to neighbors, also give meat as charity.

.....This lesson has 28 Hadees.....

#### Lesson no. 57 Prohibited eatables & drinks:





#### According to Ouran: -

The Ouran forbids meat of animals that die of themselves, blood, the meat of swine (porcine animals, pigs), flowing blood, neck strangulated, beaten till death, dead due to fall from height, accidental death, death & eaten by a wild animal, animal slaughter un-Islamically & animals dedicated to other than Allah (either undedicated or dedicated to idols) which are Haraam & opposed to Halal.

#### <u> According to Hadees: -</u>

## In Hadees, following meats are not allowed to be eaten: -

- 1. Animals feeding dirty things, their meat & milk both not allowed eating or drinking.
- 2. Pet Donkey, pig, cat, frog, dog, crow, wild animals (fox, wolf & etc) meats are not allowed to eat.
- 3. Animals who die, due to drowning & sea animals, which die in the sea & their body floats.
- 4. We are not allowed to cut any body part of an animal, while it is still alive & eaten.
- 5. Animals & bird which hunt with their claws their meat is not allowed.
- 6. Cow meat in not liked to be eaten etc.

## Nabi 🍇 's guidance about prohibited eatables & drinks: -

1. Hazrat Abdullah Bin Masood 🐗 says that Nabi 🕮 said Allah Ta'ala has not kept Shifa (cure) is any Haram thing.

[Musnad Ahmed: 231]

2. Narrated by Abdullah Ibn Umar رضى الله عنبيا that Nabi ﷺ prohibited eating the animal which feeds on filth & drinking its milk.

[Abu Dawud: 3785; Book. 28; English Book. 27; Hadees. 3776]

3. Narrated by Abdullah Ibn Umar رضىالله عنها it has been prohibited to ride the beast which eats dung & prohibited to ride a camel which eats dung.

[Abu Dawud: 2557 & 2258; Book. 15; English Book. 14; Hadees. 2551, 2552]

4. Narrated by Abdullah & & Al-Hasan & the sons of Muhammad Ali & that their father said that Nabi & disallowed to eat meat of a pet donkey (*During Khaibar*).

[Tirmizi: 1794; Book. 25; English vol. 3; Book. 23, Hadees. 1794]

5. Hazrat Khalid Ibn Walid 🎄 says that Rasoolullah 🐉 prohibited eating meat of horses, mules & asses.

[Abu Dawud: 3790; Book. 28; English Book. 27; Hadees. 3781]

6. Hazrat Jabir 🐇 says that Rasoolullah 🗯 prohibited eating cat meat or money obtained from cat meat.

[Ibn Ma-jah: 3373; Book. 28; English vol. 4; Book. 28, Hadees. 3250]

7. Hisham Bin Zaid Bin Anas Bin Malik says that Nabi forbidden tying of the animals (& making them the target of arrow etc) (Hunting for fun).

[Muslim: 1956; Book no. 34; English Book. 21; Hadees. 4812]

(It is a part of a long Hadees).

8. Hazrat Abdul Rehman Bin Usman says that when a physician consulted Nabi sabout putting frogs in medicine, He forbade him to kill them.

[Abu Dawud: 3871; Book. 29; English Book. 28; Hadees. 3862]

9. Hazrat Ibn Umar رض الله عنها says that we are not allowed to cut nor eat, any piece of meat from any animals while it is alive, what is cut from it, is Maitah (dead meat)."

[Ibn Majah: 3337; Book. 28; English vol. 4; Book. 28, Hadees. 3216]

(Eating from dead animals is also not allowed).

10. Narrated Tamim Dari says that Nabi said, At the end of time there will be people who will cut off camels' humps & sheep's tails. But what is cut from a living animal is dead." (Not allowed).

[Ibn Ma-jah: 3338; Book. 28; English vol. 4; Book. 28, Hadees. 3217]

11. According to a reference by Hazrat Khazimah Bin Juza'a swe are not allowed to eat wild animals like fox, badger.

[Tirmizi: 1792, Book no. 25, English vol. 3, Hadees. 1792]

#### (Also other wild animals are not allowed to eat).

12. Narrated by Abu Hurairah & Ibn Abbas رضى الله عنها that Nabi ﷺ said eating of all fanged beasts of prey is unlawful & prohibited & all the birds having talons (claw of a bird to prey).

[Muslim 1933 & 1934 A; Book. 34; English Book. 21; Hadees. 4751 & 4752]

13. Narrated by Ibn Umar رخىالله said: "Who eats crows? Nabi ﷺ called them vermin (Faasiq), By Allah; they are not from among the good & permissible things."

[Ibn Majah: 3371; Book. 28; English vol. 4; Book. 28, Hadees. 3248] (Means we should not eat crows).

14. Narrated by A'isha رخى الله عنها that Nabi ﷺ said: "There are five animals all of which are vermin (Faasiq) & may be killed outside & inside the sanctuary: Vicious dogs, crows, kites, scorpions & mice."

[An-Nasa'i: 2887; Book. 24; English vol. 3; Book. 24, Hadees. 2890]

# (Faasiq means who violates Islamic Laws or is unreliable).

15. Narrated by Abdur Rehman Ibn Shibl 🕸 that Nabi 🕮 forbade to eat the flesh of lizard.

[Abu Dawud: 3796; Book. 28; English Book. 27; Hadees. 3787]

16. Narrated by Adi Bin Hatim that Nabi answered his question by prohibiting eating anything from which dog has fed. (It is part of a long Hadees about hunting dogs).

[Ibn Ma-jah: 3329; Book. 28; English vol. 4; Book. 28; Hadees. 3208]

# About Alcohol & Narcotics ( خه): -

17. Hazrat A'isha رضى الله عنها says that Nabi ﷺ said: "Every Narcotics & Alcoholic things are Haraam (حرام) & those things whose base is narcotic or Alcohol, its one pinch is also Haraam (حوام)".

[Abu Dawud: 3687; Book. 27; English Book. 26; Hadees. 3679]

18. Hazrat Tariq Bin Saud Al-Hazrmi 🐇 says that Nabi 🍇 said: "If anyone uses Alcohol as a medicine for diseases, Allah will not give blessings (Barkat) in cure (Shifa)" (to him).

[Abu Nuaim: 56]

19. Narrated by Ibn Umar رضى الله عنبيا that Nabi 🎄 said: All Narcotics, Alcohol (Every intoxicant) are Khamr (خبر) & all Khamr are Haraam.

[Ibn Ma-jah: 3515; Book. 30; English vol. 4; Book. 30, Hadees. 3390]

20. Nabi & guided us that all types of khamr (every intoxicant) are diseases & there is no cure (Shifa) in them, whoever drinks Khamr in this world will not get them in here after (Aakhirat), Salah is not accepted for 40 days, Allah will not accept his repents (Taubah), He will be given pus river (Al-Khaba'a) (in here after), all kinds of Khamr are Haraam.

[Tirmizi: 2182, 1861, 1862, 1863; Book. 26, 28; English vol. 3, 4 Book. 2, Hadees. 2046, 1861, 1862, 1863]

21. Many times Nabi & said that night & days will not cease till ummat will drink wine under some other names that they will give it.

[Ibn Majah: 3509-10; Book. 30; English vol. 4; Book. 30; Hadees. 3384-85]

(Means, a time will come when Muslim will drink alcohol & purposely will give new names to alcohol to make it permissible).

# <u>Eating & drinking with left hand prohibited: -</u>

22. Narrated by Abdullah Bin Umar رخىالله عبيا that Nabi ﷺ said: "Let none of you eat or drink with left hand, for indeed devil (Shaitaan) eats & drinks with his left hand.

[Tirmizi: 1799; Book. 25; English vol. 3; Book. 23, Hadees. 1799]

#### **Prohibited Nabiz: -**

23. Narrated by Jabir Bin Abdullah 🐗 that Nabi 🕮 prohibited making Nabiz from Busr (البسم) (unripen dates) & Tamar dates together.

[Tirmizi: 1876; Book. 26; English vol. 3, Book. 24; Hadees. 1876]

(Nabiz is prepared by soaking dates in water & drinking the water means we should not dip two different types of dates in water nor drink that water).

24. Narrated by Abu Saeed & that Nabi & prohibited mixing of unripen dates & dates together & mixing of raisins & dates for making Nabiz & prohibited the jars that Nabiz is made in.

[Tirmizi: 1877; Book. 26; English vol. 3; Book. 24, Hadees. 1877]

25. Nabi sprohibited to prepare Nabiz if the following: earthen pots, round pumpkin (dubba), trunk of palm dates tree, coated pitch, green pot & said I forbid you to use the above, but they do not make anything lawful nor unlawful, but ever intoxicant is unlawful.

[Tirmizi: 1867, 1869; Book. 26; English vol. 3; Book. 24, Hadees. 1867, 1869]

(Means Nabiz gets toxic or alcoholic by the above means) (For detail study on Nabiz refer lesson no. 10 Dates in part-1)

Scholars especially Hanafi scholars prohibit the following 7 part to eat, first is blood which is prohibited in Quran (Chapter 6 Surah An'am verse no. 147) the seven things are as follows: -

- 1) Flowing Blood,
- 2) Penis,
- 3) Testicles,
- 4) Vulva (external parts of the female genitals),
- 5) Glands,

- 6) Urinary bladder
- 7) Gall-bladder

[Bada'i al-Sana'i 5/61]

Science & Hadees regarding prohibited meat:

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#### <u>Donkev & dog meat prohibited: -</u>

Dog's saliva is a very dangerous substance & that it is the main route for humans to get infected with many diseases such as rabies. In this way, there are varying degrees of filth in creatures & substances with some more infectious than others. We have an obligation to look after our health & to keep away from that which endangers it.

Donkey meat is prohibited for two possible reasons both of which are dependent on circumstances. The first is people needed the donkeys for transportation & in such circumstances they were instructed to not eat the donkeys. This is clearly just a pragmatic temporary ban. The second refers to not eating animals that have been living in effect as part of the family. This means that when we have a domesticated animal living among us, then it would be a violation of our implied agreement with that animal to kill it & eat it.

## Conclusion of Hadees:

Please avoid all prohibited eatables & drinks, do not eat prohibited meats & also avoid riding on dirty animals.

.....This lesson has 25 Hadees......

## Lesson no. 58 Ashes (Raakh): -



Sample of Ashes.

#### **Names**

- 1. In Hadees it is called as Lail.
- 2. In English it is called as Ashes.
- 3. In Urdu & Hindi it is called Raakh.
- 4. In Arabic it is called as Sakan (سکی) Ramaad.

# Introduction: -

Ash are the end remaining thing when any materials are burnt, they are in powder form, mainly grayish silverish coloured, mostly alkaline, can be of animal origin, plants origin, chemical origin, metal origin etc, but to stop bleeding plant origin ashes are used.

## Nabi 🕮's guidance about Ashes: •

## Ash used to stop Bleeding of Nabi 🐉: -

1. Narrated by Sahl Bin Saad الله that Nabi الله got wounded on the day of Uhud, "His الله molar was broken & His الله helmet was crushed on His الله Head. Fatimah بعنها was washing the blood & Ali الله was pouring water on Him الله from a shield. When Fatimah رضى الله عنها realized that the water was only making the bleeding worse, she took a piece of a

mat & burnt it & when it had turned to ashes, she applied it to the wound to stop the bleeding.

[Ibn Majah: 3593; Book. 31; English vol. 4; Book. 31; Hadees. 3464]

2. Abu Hazim said: "While I was listening, Sahl Bin Saad 🐇 was asked: 'What were the wounds of Nabi 🙈 treated with?' He said: 'None is alive who is more knowledgeable of it than I. Ali & would come with water in his shield & Fatimah رضى الله عنها would use it to wash His 🖓 blood off & a mat was burnt for Him & & His wounds were filled with it (its ashes)."

[Tirmizi: 2229; Book. 28; English vol. 4; Book. 2, Hadees. 2085]

#### (Please note fresh ashes were directly applied to Nabi &'s wound).

3. Narrated by Sahl Bin Saa'd As-Sa'idi 🎄 that when the helmet broke on the Head of Nabi 🍇 & His 🍇 face became covered with blood & His 🞄 incisor tooth broke (i.e. during the battle of Uhud), Ali & used to bring water in his shield while Fatimah رضى الله عنها was washing the blood off His face. When Fatimah رحى الله عنها saw that the bleeding increased because of the water, she took a mat (of palm leaves), burnt it & stuck it (the burnt ashes) on the wound of Nabi 🙈 whereupon the bleeding stopped.

[Bukhari: 5722; Book. 76; English vol. 7; Book. 71; Hadees. 618]

4. Narrated by Abu Hazim that he heard Sahl Bin Saad 且 being asked about the wounds of Nabi & saying: "By Allah, I know who washed the wounds of Nabi & & who poured water (for washing them) & with what he was treated." Sahl added, "Fatimah رضى الله عنها, the daughter of Nabi 🛎 used to wash the wounds & Ali Bin Abi Talib 🐇 used to pour water from a shield. When Fatimah رضى الله عنها saw that the water aggravated the bleeding, she took a piece of a mat, burnt it & inserted its ashes into the wound so that the blood was concealed (and bleeding stopped). His & canine tooth got broken on that day & face was wounded & His & helmet was broken on His head."

[Bukhari: 4075; Book no. 64; English vol. 5; Book. 59; Hadees. 402]

5. Hazrat Kabshah رحى الله عنها (daughter of Abu Bakar الحجامة) says that her father forbid his family for Hijamah (الحجامة) on Tuesday & used to assert on the authority of Nabi # that Tuesday is the day of blood & said that on Tuesday a movement is there in which blood do not stops.

[Abu Dawud: 3862; Book. 29; English Book. 28; Hadees. 3853]

#### **Content of Ashes:**

Sodium, potassium, calcium, salts, organic & nonorganic substance, carbon, oxides, phosphate, etc (mainly its content depends on the things that are burnt & Ashes formed).

#### Scientific benefits: -

- 1. All types of ashes have a drying & clearing effects.
- 2. The ashes of astringent plants or wood stops bleeding.
- 3. Ashes absorb large amount of plasma thus helps in initial clotting of blood platelets & bleeding stops.
- 4. Forms a protective covering on wounds thus protects the wound from germs.
- 5. The surface protein of wound settles.
- 6. It kills the germs.

## Science & Hadees regarding Ashes:

Plants ashes are the powdery residue that remains after plants are burned; chemically the ash is alkaline (pH > 10) & composed primarily of calcium carbonate & secondarily, most often, of potassium chloride (interestingly, alkaline word is derives from the Arabic meaning plant ashes) & these help in blood clotting because it absorbs large amount of plasma, thus helps in initial clotting of blood platelets & bleeding stops & forms a protective covering on wounds thus protects the wound from germs. Many doctors have found that bleeding on Tuesdays is stopped with difficulty.

## **Conclusion of Hadees: -**

## Lesson no. 59 Soil of Madinah (غبار الهدينة الهنورة): •





Masjid Nabawi & in the day

Masjid Nabawi 🕮 in th night

#### **Names**

- 1. In Hadees it is called as (تُرْبَّةُ أَرْضِنا) (The soil of our Land).
- 2. In English it is called as soil or dust of Madinah.
- 3. In Hindi & Urdu it is called as Khakh-e-Madinah.

## Introduction: -

Madinah is a city in Saudi Arab, it is a city of Nabi 🕮 this city is famous & holy place for Muslims, all the one who go for Hajj & Umrah, also visit this city & live there for some days. This lesson is about soil of Madinah city.

At the time of Prophet & if any person complains from a wound or ulcer, the Messenger of Allah put his forefinger on the ground & lift it then recited: (In the Name of Allah, soil of our land, with the saliva of some of us, our sick person will get well after the permission of our Lord) & use to apply on the wound.

Nabi &'s guidance about soil of Madinah:

The soil of Madinah used: -

1. Narrated by A'isha رضى الله عنها that Nabi ه used to recite for the patient (who had a wound & use to recite the below Dua on the sand & mixe it with His ه saliva wound):

<u>Translation:</u> ("In the Name of Allah, The earth of our land & the saliva of some of us cure our patient.")

[Bukhari: 5745; Book. 76; English vol. 7; Book. 71; Hadees. 641]

2. Narrated by A'isha رضىالله عنها that Nabi ﷺ used to read in this Rugyah:

<u>Translation:</u> ("In the Name of Allah" The earth of our land & the saliva of some of us cure our patient with the permission of our Lord.")

With a slight shower of saliva while treating with a Ruqyah.

[Bukhari: 5746; Book. 76; English vol. 7; Book. 71; Hadees. 642]

## The soil of Madina is a cure from leprosy: -

3. Narrated by al-Zubair ibn Bakkar in Akhbar al-Madinah, Abu Nu`aim in al-Tibb al-Nabawi, Ibn al-Sunni & al-Rafi`i in Akhbar Qazwin there is cure for leprosy in soil of Madinah.

## Science & Hadees regarding soil & human saliva: -

In the above Hadees Nabi & took His Saliva on the Forefinger then He & put it on the soil & wipe on the wound place, this above Hadees shows the Prophet &'s miracle, which is evidence of healing by using soil & saliva.

Researches on antimicrobial activity of certain bacteria & fungi isolated from soil mixed with human saliva against pathogenic microbes causing dermatological diseases by Huda Mohammed Ahmed Shaikh at Open Access funded by King Saud University.

Soil samples *(collected from Al-Madina Al-Monawara, Kingdom Saudi Arabia)* were mixed with human saliva, incubated in media suitable for

bacterial & fungal growth & filtered. Eighteen bacterial & five fungal species were isolated & identified. The bacterial & fungal filtrates as well as the isolated species were evaluated for their antimicrobial activities against some pathogenic microbes causing dermatological diseases (*Staphylococcus aureus*, methicillin resistant *S. aureus* (MRSA) Aspergillus niger). The bacterial filtrate showed significant antagonistic effect against S. aureus & methicillin resistant S. aureus (MRSA), whereas showed non inhibitory action on the pathogenic fungus.

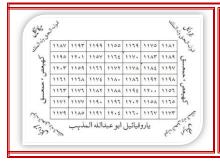
In contrast, the fungal filtrate antagonized the growth of the pathogenic fungus (A. niger) & did not produce any inhibitory effect on the two tested pathogenic bacteria. The isolated bacterial species showed different levels of antagonistic activities against the three tested microbes. Bacillus subtilis was described as potent isolate against the three pathogens, followed by Esherichia coli. However, Bacillus megaterium strongly inhibited the growth of the pathogenic bacteria only. On the other side, all the fungal filtrates of the isolated species, except Cochliobolus lanatusshowed antagonistic activity against the pathogenic fungus (A. niger). The filtrate of Fusarium oxysporum & Emericella nidulans counteracted the growth of S. aureus, whereas, the growth of MRSA was inhibited only by the filtrate of E. nidulans. From the words of our respected Prophet & if any person complains from a wound or ulcer, the Messenger of Allah put his forefinger on the ground & lift it then recited:

(In the Name of Allah, soil of our land, with the saliva of some of us, our sick person will get well after the permission of our Lord).

# Conclusion of Hadees: -

Nabi & used His & saliva & soil of Madinah to heal wound, lesion along with Dua. ......This lesson has 3 Hadees......

## Lesson no. 60 Ruqyah (A Spiritual Healing):





#### <u>Introduction of Rugyah: -</u>

For Rugyah, we can use special verses of Quran, Dua taught & read by Nabi & Names of Allah Ta'ala, & some permissible medicines. In India, Pakistan, Bangladesh etc the collection of verses of Quran, called as Manzil, is also a type of Rugyah.

Rugyah is commonly translated in English as "Incantation" which carries a negative meaning, since the word incantation is usually associated with magic, spells & witchcraft. However, Rugyah in Islam is the recitation of Quran, seeking of refuge, remembrance & supplications (Dua) that are used as a means of treating sicknesses & other problems).

Rugyah was advised by Nabi & very much to the people, patience & etc, especially for pain, diseases, evil eye (Nazar), black magic (Sehar), mischief of jinns & devil (shaitaan) & prevention.

Many times Nabi & advised Dua alone or Dua & medicine both, or Rugyah alone or alone medicine, but advised Rugyah & Dua mostly. The treatment for black magic (Sehar) & evil eye (nazar) is all most same & it is by Ruqyah.

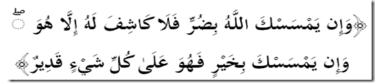


# \$And when I am ill, it is [God] who cures me\$

(Quran, Surah ash-Shu'ara, 26:80)



And We send down of the Quran that which is a healing and a mercy to those who believe... (Quran, Surah Al-Israa, 17:82)



"And if Allah touches you with harm, none can remove it but He, and if He touches you with good, then He is Able to do all things" [Surah Al-AnAam, 6:17]

## Rules: -

Ruqyah should be recited with the intention of treatment for Nazar (evil eye), Sehar (Black magic) or for whatever reason, but a Niyat should be there, for what are we doing Ruqyah.

The person himself should recite Ruqyah verses, is the first & general rule, however if a person cannot recite Ruqyah verses himself, due to illness or else, than relatives or anybody else can recite Ruqyah in place of the patient.

It is good to recite the Ruqyah verses little loudly, so that the words should be heard by the ears of the patient, this rule is applicable in both conditions, means if the patient himself recites or anybody else does it.

Also it is permissible, according to scholars that Ruqyah verses can be listened on MP3 players, mobiles or etc.

It should be listened again & again, continuously, daily, in diseases condition, & for precaution it should be recited once or twice a day (early morning before or after Fajar salah & evening after Magrib Salah).

Many times after reciting or undergoing Ruqyah treatment, the patient may feel irritating, uneasy or behave strangely , may vomit, may pass motions or other symptoms, this indicates that the person is affected with black magic (sehar) & do not stop Ruqyah treatment. (Do it till complete relief). Do it continuously & after complete relief, you can do it once or twice a day lifelong.

# Types according to Islamic rules:

## Ruqyah are of two types: -

- 1) Al-Ruqyah Ash-Shar'iya (الرقية الشرعية).
- 2) Al-Ruqyah Ash-Shirkiyah (الرقية الشركية) (this is not allowed to be done).

# Al-Ruqyah Ash-Shar'eeyah: -

It has three conditions. Ibn Hajar (rahimuhullah) said there is a consensus on using of Ruqyah, if three conditions are present: -

- 1) It must be with the speech of Allah (Qur'an) & his names & attributes.
- 2) It must be in the Arabic language, or what is known to be its meaning in other languages.
- 3) To believe that Ruqyah has no benefit by itself, but the benefits are from Allah.

This type of Ruqyah is permissible & is the main subject of this topic.

## Al-Ruqyah Ash-Shirkiyah: -

This contradicts the conditions of Ruqyah Ash Shar'eeyah & has in it Shirk, associating Shaitaanic way. It leads the person to destruction of life & Aakherat (here after) & increases diseases & sicknesses. This type of Ruqyah is prohibited, from the teachings of Nabi & this includes: Magic (whether learning, practicing, or teaching it), Fortune telling, Horoscopes, superstitious belief & Tameemah (charms & amulets).

## Types according to intellectuals: -

- 1. Ruqyah taught & done by Nabi 🙈 & mentioned in Hadees.
- 2. Ruqyah taught & prepared by Scholars (Buzrugaan-e-deen). (Like Manzil etc).
- 3. Ruqyah taught & prepared by today's scholars. (To listen & recite Quran) (This is a modified Ruqyah).

However All above types can be used but Ruqyah taught & mentioned by Nabi ## remain at the top & important. Most of the Ruqyah mentioned in these few coming lesson are Ruqyah mentioned & taught by Nabi ## & we should emphasis more on it.

# Rules & principles of Quranic treatment: -

1. Hazrat Raza Al-Ghanvi says that get Shifa from those, in which Allah's praise are present like (Quranic verses) Alhamdulillah (Surah Faateha) or Kul ho wal-allah ho A-had (Surah Ikhlaas) (or other) & those who does not get Shifa with Quran then understand there is no Shifa in your destiny.

[Jaame Sagheer: 977 & Fath Al-kabir 1740]

2. Hazrat Abu Hurairah says that Rasoolullah guided to get Shifa (cure) from Quran if anyone does not get with Quran, then understand there is no Shifa in your destiny.

[Jaa-me Sagheer: 977]

In regards with above both Hadees we should understand that we are guided to get Shifa from Quran & Names of Allah, or Dua in which there

are praises about Allah & also should follow all guidance's of Nabi &, & if anyone did not got Shifa inspite of Quranic treatment than understand that cure is not in your destiny.

#### Conditions of a person who treats with Rugyah (the person who can do it): -

- 1) One must have the right belief in Allah (Based on Quran, Sunnah & keep away from Shirk, etc).
- One must have sincerity in worshipping Allah & have a good intention in treating people.
- 3) One must be firm in his obedience to Allah & keep away from all that is forbidden.
- 4) One must keep far away from all unlawful places & situations that can lead to what is forbidden for example isolating himself with a female, etc.
- 5) One must guard the affairs of the patients & protect their secrets.
- 6) One must propagate the religion of Allah Tala'a. Give the patient advice & admonitions on the rights of Allah with regards to His commandments & prohibitions.
- 7) One should have knowledge about the affairs of the patient & sicknesses.
- 8) One should have knowledge about the reality of jinns (so as not to have them harm or threaten him while curing the patient).

Ibn Teen (ra) said: "Treating with Muawwizaat, (Surah An-Naas & Al-Falaq) & other forms, such as the names of Allah are medicine for the soul. So if these forms of treatment are on the tongue of the righteous, cure will be achieved by the will of Allah".

# Conditions for the person under going Ruqyah: -

- 1) One must have complete belief that harm & benefit are only from Allah.
- 2) One must be patience.

# Conditions of Ruqyah Ash Shar'eeyah: -

- 1) It must be with the speech of Allah Tala'a, His names & attributes, or the speech or Dua of Nabi &.
- 2) It must be in Arabic, or what is known to be its meaning in other languages.
- 3) To believe that verily Ruqyah has no benefit by itself, but the cure is from Allah.
- 4) Not to perform Ruqyah in a state of major impurity (junub) (Napaaki) or in a place that is not permissible to perform Islamic prayers (ibadah) i.e. graveyard, bathroom, etc.

## Lesson no. 61 Hadees on Rugyah:

#### There are many Hadees on Rugyah.

## <u> Al-Mu'awwadhatain (Surah Naas & Surah Falag) as Ruayah: -</u>

1. Hazrat A'isha رضى الله عنها says that, When Nabi 🎄 fell ill, He 🐉 would recite Al-Mu'awwidhatain (Chapter no. 113 Surah Falag & Chapter no. 114 Surah Naas) over Him & & spit dryly, when His & pain grew intense. She recited over Him & wiped Him & with His own hand, seeking its blessing (Barkat)".

[Bukhari: 5735; Book. 76; English vol. 7; Book. 71; Hadees. 631]

#### Dua recited by Nabi 🕮 during illness: -

2. Hazrat A'isha رضىالله عنها reported that when any person amongst us fell ill. Nabi & used to rub him with His Right Hand & then recite:

**Translation:** O Lord of the people, grant him health, heal him, for Thou art a Greet Healer. There is no healer, but with Thy healing Power one is healed & illness is removed.

She further added: When Nabi & fell ill & His & illness took a serious turn She took hold of His & hand to that she could do with it what He & wants to do with that (i.e. I would rub His & body with His & Sacred Hand). But He & withdrew His & hand from her hand & then recite,

**Translation:** "O Allah, pardon me & make me join the companionship".

& she said, I was gazing at him constantly whereas He & had passed away.

[Muslim: 2191 A; Book. 39; English Book. 26; Hadees. 5432]

3. Narrated by A'isha رخىالله عليا that whenever Rasoolullah & paid a visit to a patient, or a patient was brought to Him &, He & used to invoke Allah, reciting: -

<u>Translation:</u> "Take away the disease, 0 the Lord of the people! Cure him as You are the One Who cures. There is no cure but Yours, a cure that leaves no disease".

[Bukhari: 5675; Book. 75; English vol. 7; Book. 70; Hadees. 579]

## <u>Dates for poisoning & black magic: -</u>

4. Nabi said that "He who eats 7 Ajwah dates in the morning, poison & black magic will not harm him on that day (Preferably from the boundaries of Madinah)".

[Muslim: 2047 B; Book. 36; English Book. 23; Hadees. 5081]

## Surah Faateha a best Rugyah: -

5. Narrated by Abu Saeed 🐗 that we were set out on a military expedition & traveled until they came near one of the Arab tribes. They asked them for hospitality but they were refused. Then the leader of that tribe was stung, (bitten by a poisonous insect) & his people tried everything to cure him but nothing helped. Then some of them said, "Why don't you go to those people who are staying (nearby)? Maybe one of them has something (for help)". So they came to us & said, "O people, our leader has been stung & we have tried everything & nothing helped him. Do you have anything?" One of them said, "Yes, by Allah. I will perform Rugyah for him, but by Allah we asked you for hospitality & you did not give us anything, so we will not perform Ruqyah for you unless you give us something in return". So they agreed on a flock of sheep, then he started to blow on him & recite: Al-hamdu Lillahi Rabb il-'Alameen الحيد لله رب العالمين (Surah Faateha). Then he recovered quickly from his complaint & started walking & he was completely cured. After that they took the flock of sheep & some Sahabah said, "Let us share it out". The one who had

performed Ruqyah said: "Do not do anything until we come to Nabi & tell Him & what happened & we will wait & see what Nabi & tells us to do". So they came to the Nabi & told what had happened. Nabi asked: "How did you know that it is a Ruqyah?" & Nabi & added: "You did the right thing, share them out & give me a share" & Nabi & smiled.

[Tirmizi: 2204 & 2205; Book. 28; English vol. 4; Book. 2, Hadees. 2063, 2064]

6. Narrated by Ibn Abbas رخى الله عنها that some of the companions of the Nabi هه passed by some Bedouins whose sheikh, (their leader) was been bitten by a scorpion. They tried everything but they couldn't do anything better. They said to one of the Sahaba هه: "Is there any raaqi (one who performs Ruqyah) among you?" They said: "Yes". So one of them recited Surah Al-Faateha over him for a sheep as fee & he immediately got up full of energy as if nothing had happened; Allah healed him of the ill-effects of that scorpion bite & the man brought the sheep to his companions who disliked that & said, "You have taken wages for reciting Allah's Book. When they arrived at Al-Madina, they said, "O Rasoolullah هه (this person) has taken wages for reciting Allah's Book."

[Bukhari: 5737; Book. 76; English vol. 7; Book. 71; Hadees. 633]

## Treating pain with Ruqyah: -

7. Narrated by Usman Ibn Abil & complained to Nabi & about pain that he had felt in his body from the time he had become Muslim. Nabi & said to him: "Put your hand on the part of your body where you feel pain & say 'Bismillah (in the name of Allah) three times, then say seven

<u>Translation:</u> (I seek refuge in the glory & power of Allah from the evil of what I feel & worry about).

[Muslim: 2202; Book. 39; English Book. 26; Hadees. 5462]

8. Narrated by Hazrat Usman Bin Abil Aa's sthat he complained to Nabi about pain in his body that he suffered from ever since he became a Muslim. Nabi replied, Place your hand on the painful area of your

body & recite: Bismillah (In the Name of Allah), thrice, then say seven times: أُعُوذُ بِعِزَّةِ اللَّهِ وَقُوَّتِهِ مِنْ شَرِّ مَا أَجِلُ

<u>Translation:</u> ("I seek refuge with Allah's Might & Power from the evil of what I am suffering from & because of which I have become worry").

He said: "So I did it & Allah removed what I had & I never ceased telling my family & others to do it."

[Tirmizi: 2224; Book. 28; English vol. 4; Book. 2, Hadees. 2080]

9. Hazrat by Ibn Abbas رضى الله عنها says that, "Nabi ه used to seek refuge for Hasan & Husain رضى الله عنها & use to say: Your father *(meaning Ibrahim ها)* used to seek refuge with Allah for Ismail ها & Ishaq المعالمة with these words:

<u>Translation:</u> (I seek refuge in the perfect words of Allah, from every devil & every poisonous reptile & from every evil eye)'.

[Bukhari: 3371; Book. 60; English vol. 4; Book. 55; Hadees. 590]

# Treating black magic with black magic (Al-Nushrah) is not allowed: -

10. Narrated by Jabir Bin Abdullah & that when Nabi & was asked about Al-Nushrah (treating sehar with sehar) & Nabi & said: "This is the work of the devil (Shaitaan)".

[Abu Dawud: 3868; Book. 29; English Book. 28; Hadees. 3859]

(Nushrah means removing black magic (sehar) from a person who has been affected by it by using more black magic (sehar) (This is not allowed).

11. Auf Bin Malik serports we practiced Ruqyah in pre- Islamic days & we asked Nabi seabout it, He sea said let me know your Ruqyah & replied: "There is nothing wrong with Ruqyah as long as it does not involve in shirk.

[Muslim: 2200; Book. 39; English Book. 26; Hadees. 5457]

# Ruqyah performed by Jibrail (a.s) for Nabi 🕮: -

12. Narrated by Umar & that he heard Junaid Bin Abu Umayyah say that he heard Ubadaih Bin Samit & say that Jibrail All performed Ruqyah for Nabi & due to fever as:

<u>Translation</u>: (In the Name of Allah I perform Ruqyah for you, from everything that is harming you; from the envy of the envier & from every evil eye, may Allah heal you).

[Ibn Ma-jah: 3657; Book. 31; English vol. 4 Book. 31, Hadees. 3527]

This is a great Ruqyah which was narrated in a Saheeh Hadees for Nabi 🙈.

## The best Rugyah done by Jibrail # for Nabi #:-

13. "No one who seeks refuge can ever find a refuge like them".

It was reported that when Nabi & was the victim of sehar (black magic) the spell contained eleven knots tied each with a special incantation blown on it & that whenever angel Jibrail Eleven recited a verse from the Muawwazatain (Surah Falaq & Surah Naas) a knot was untied, until all eleven knots were untied. Then, Nabi & was cured, as if being released from a restraining chain.

[Healing with Medicine of Prophet 👺 by: Imam Ibn Qayyim Al-Jauziyah(ra)]

# Ruqyah by Jibrail 🕮 for Nabi 🎄: -

14. Narrated by A'isha رضيالله عنها that when Nabi ﷺ fell ill, Jibrail ﷺ use to recite this for Nabi ﷺ.

<u>Translation:</u> (In the name of Allah, may He cure you from all kinds of illnesses & safeguard you from the evil of a jealous one when he feels jealous & from the evil influence of eye").

[Muslim: 2185; Book. 39; English Book. 26; Hadees. 5424]

15. Narrated by Abu Hurairah 🕸 that Nabi 🕮 came to visit him (when he was sick) & He & said to him: 'Shall I not recite for you a Rugyah that Jibrail we brought to me?' He replied: My father & mother may be ransomed for you! Yes, O Rasoolullah !! than He ! recite 3 times:

**Translation:** (In the Name of Allah I perform Rugyah for you, from every disease that is in you & from the evil of those who (practice witchcraft when they) blow in the knots & from the evil of the envier when he envies), three times."

[Ibn Majah: 3653; Book. 31; English vol. 4; Book. 31, Hadees. 3524]

16. Narrated from Abu Saeed 🎄 that Jibrail 🕮 came to Nabi 🍇 & said: "O Muhammad, you are ill". He 🖀 replied: 'Yes.' He 🕮 recited (Ruqyah):

بِسْمِ اللَّهِ أَرْقِيكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ مِنْ شَرِّ كُلِّ نَفْسٍ أَوْ عَيْنِ أَوْ حَاسِي اللَّهُ يَشُفِيكَ بِسُمِ اللَّهِ أَرْقِيكَ .

Translation: (In the Name of Allah I perform Rugyah for you, from everything that is harming you, from the evil of every soul or envious eye & may Allah heal you. In the Name of Allah I perform Rugyah for you).

[Ibn Ma-jah: 3652; Book. 31; English vol. 4; Book. 31, Hadees. 3523]

# Rugyah & sand (soil) used together by Nabi &: -

17. Narrated by Sabit Ibn Qays Ibn Shammas 🐗 that Nabi 🕮 entered upon Sabit Ibn Qays (The version of Ahmad Ibn Saleh) when he was " اكْشف الْبَاسَ رَبَّ النَّاسِ " أَيْشف الْبَاسَ رَبِّ النَّاسِ "

**Translation:** "Remove the harm, O Lord of men".

He then took some soil of Bathan & put it in a bowl & then mixed it with water & blew in it & poured it on him.

[Abu Dawud: 3885; Book. 29; English Book. 28; Hadees. 3876]

#### Other Ruqyah left when Surah Falaq & Naas revealed: -

18. Narrated by Abu Saeed & that Nabi & use to seek refuge from Jinn & evil eye (nazar) of human, until Al-Mu'awwidhatain (Surah Falaq & Surah Naas) were reveled, so Nabi & used them & left other then Al-Mu'awwadhatain.

[Tirmizi: 2198; Book. 28; English vol. 4 Book. 2, Hadees. 2058]

#### Dua as Ruqyah: -

19. Abdul-Aziz Bin Suhaib & said: "Sabit Al-Bunani & I entered upon Anas Bin Malik & & Sabit said: "O Abu Hamzah! I am suffering from an illness". So Anas & said: 'Shall I not recite the Ruqyah of Nabi & over you?' He said, 'Why, yes.' & recited: -

<u>Translation:</u> 'O Allah! Lord of mankind, removed the harm & cure (him). Indeed You are the One Who cures, there is none who cures except you, a cure that leaves no disease."

[Tirmizi: 973; Book. 10; English vol. 2; Book. 5, Hadees. 973]

## Teaching of Rugyah: -

20. Hazrat Shifa Bint Abdullah رخى الله said, Nabi ﷺ came while she was with Hafsah رخى لله عنها & He ﷺ said: "Why do you not teach her the Ruqyah for Namlah (sores on skin) as you taught her to write."

[Abu Dawud: 3887; Book. 29; English Book. 28; Hadees. 3878] (Hafsah رضى الله عنها is our beloved Prophet ﷺ 's wife).

## Ruqyah from Allah's decree: -

20. Narrated by Abu Khuzaimah shat his father asked Nabi shat "Do you think Ruqyah we use, the treatment we use & what we seek to protect ourselves will contradict anything from Allah's Decree? Nabi sheplied: "They are from Allah's Decree".

[Tirmizi: 2206; Book. 28; English vol. 4; Book. 2, Hadees. 2065]

# Different types of Ruqyah:

#### Ruqyah for fever, evil eye (Nazar) & Sores: -

21. Hazrat Anas says that Nabi allowed using the Ruqyah from every type of fever, evil eye & Namlah (sores).

[Tirmizi: 2195; Book. 28; English vol. 4; Book. 2, Hadees. 2056]

(Many scholar mention scorpion bite in place of fever)

#### Ruqyah for Namlah (sores): -

22. Al-Khallal narrated that Hazrat Ash-Shifaa Bint Abdullah رحى لله عنها used to recite Ruqyah for sores (Namlah) during the times before Islam. When she emigrated to Madinah Munawwarah, after she had given Him her pledge of allegiance in Makkah Mukarramah, she said, "Oh! Nabi إلى العجم العجم العجم العجم (before Islam) & I want to read it to you". She recited it to Him ...

<u>Translation:</u> ("In the Name of Allah! May the harm be extracted until it goes back to where it came from without harming anyone. O Allah! Remove the harm, O Lord of the people").

Nabi seplied: "Recite it on a clean branch of wood seven times, choose a clean place, rub the branch on a clean stone with vinegar & then apply on the affected area with it".

[Sahih Ibn Hibban: in context of Hadees no. 4093]

## Ruqyah over the body were problem is: -

23. Narrated by A'isha رضى الله عنها that Nabi ﷺ used to treat some of His wives (family members) (who were ill) by passing His right hand over the place of aliment (pain) & recite:

Translation: "O Allah, the Lord of mankind, Do away with the complaint & Bring about the cure. You Alone bring the cure & there is no cure except Your cure, a cure that does not leave illnesses.

[Bukhari: 5743; Book. 76; English vol. 7; Book. 71; Hadees. 639]

#### Rugyah for scorpion bite: -

24. Narrated by Abu Salih Zakwan 🐟: "A man came to Nabi 🙈 & said: "Oh! Nabi & I am suffering severely from a scorpion bite that stung me last night" Our beloved Nabi & said: "Had you said these words when you went to sleep: It would not have harmed you.

Translation: "I seek refuge with Allah's Perfect Words from the evil of what He Has Created.

[Abu Dawud: 3898; Book. 29; English Book. 28; Hadees. 3889]

25. Abdullah Bin Masood 🎄 reported that once, Nabi 🐉 was praying & when He & was in Sajdah, a scorpion suddenly stung Him on the Finger, when the beloved Nabi & finished His prayer, & said: "May Allah Put his Curse on the scorpion, as it never leaves even the Prophets a or others. Then Nabi asked for a pot filled with water; in which some salt was also added & dipped His finger (stung by the scorpion) in that salted water, & recited Surah Ikhlaas & Muawwazatain (Surah Falag & Surah Naas) (Chapters 113 & 114 of the Quran) & blowing on His finger till the pain was all gone".

[Kanzul Ummal: 28544 & Musannaf Ibn Shaiba: Vol. 5, Page. 440]

## Muawwazatain (Surah Falag & Naas) Rugyah for all time safety: -

26. Narrated that A'isha رضى الله عنها said: "Whenever Nabi ﷺ would go to bed; He & used to recite Muawwazatain (Surah Falag & Surah Naas) & use to blow on His & Hands & would wipe His & face & body with His & hands".

[Ibn Ma-jah: 3875; Book. 34; English vol. 5; Book. 34, Hadees. 3875]

27. Abdullah Bin Khubaib serports that Nabi sesaid to him: "Recite Surah Al-Ikhlaas & Al- Mu'awwadhatain (Surah Al-Falaq & Surah An-Naas) three times at dawn & dusk. It will suffice you in all respects."

[Riyad As-Salihin: 1456; Book. 16, English Book. 16; Hadees. 49]

#### Last 2 verses of Surah Bagarah as Rugyah: -

28. Narrated Abu Maswood & that Nabi & said: "Whoever reads the last two verses from Chapter Al-Baqara (second chapter in the Quran) at night, it will be enough for them".

[Bukhari: 5051; Book. 66; English vol. 6; Book. 61; Hadees. 571]

#### Ruqyah for resided in a place: -

29. Narrated by Khaula Bint Hakim Sulamiyya رضى الله عنها that she heard Nabi saying: Whoever resided in a place & said,

<u>Translation:</u> (I seek refuge with Allah's Perfect Words from the evil of what He Has Created")

Then nothing will harm him until he departs that place".

[Muslim 2708 A; Book no. 48; English Book. 35; Hadees. 6541]

## Rugyah while traveling: -

30. Narrated by Abdullah Ibn Amr 🐇 that the Nabi 🗸 used to say at night when He 🗸 was traveling:

**Translation:** ("O land! My Lord & your Lord is Allah. I seek refuge with Allah from your evil, from the evil of whatever is in you & from the evil of whatever walks on your surface. I seek refuge with Allah from a lion, a despot (or jinn), a snake & a scorpion & from those who reside in this land & from the begetter (son of Adam) & that which he begot").

[Abu Dawud: 2603; Book. 15; English Book. 14; Hadees. 2597]

#### <u> Surah Faateha an ideal Rugyah for all purpose all time: -</u>

31. Surah Al-Faateha can be used as Ruqyah, for illness during diseases, scorpion bites & etc. (it is long Hadees narrated by Abu Saeed ...).

[Bukhari: 5749; Book. 76; English vol. 7; Book. 71; Hadees. 645]

#### Recite morning & evening: -

32. Narrated by Abu Hurairah 🐗 that Nabi 🕮 said: "Whoever recites Ha Mim Al-Mu'min - up to - To Him is the return (chapter 40 Surah Al-Gaafir verse no. 1, 2 & 3) & Avat Al-Kursi when he reaches (gets up in) the morning, he will be protected by them until the evening. & whoever recites them when he reaches the evening, he will be protected by them until the morning."

[Tirmizi: 3120; Book. 45, English vol. 5; Book. 42, Hadees. 2879]

33. Kharijah Bin Al-Salt quoted his parental uncle as saying that he passed (some person), He recited Surah Al-Faateha over him for three days morning & evening. Whenever he finished it, he collected some of his saliva & spit it out & he seemed as if he were set free from a bond. They gave him something as payment. He then came to Nabi 🕮 & said about it, & Nabi 🕮 said accept it, for by my life, some accept it, for a worthless charm, but you have done so far a genuine one.

[Abu Dawud: 3420; Book. 24; English Book. 23; Hadees. 3413]

34. Narrated by Saad 🐗 that Nabi 🕮 said: "Whoever takes seven 'Ajwah dates in the morning will not be effected by magic or poison on that day."

[Bukhari: 5779; Book. 76; English vol. 7; Book. 71; Hadees. 671]

35. Ibn Abbas رحى الله عبيا narrated that "For fever & all pains, Nabi 🎄 would teach them to recite: -

Translation: (In the name of Allah the great, I seek refuge with Allah he magnificent of the evil of every gushing vein & from the evil of the heat of the Fire)"

[Tirmizi: 2219; Book. 28; English vol. 4; Book. 2, Hadees. 2075]

## Lesson no. 62 Dua as Ruqyah (For evil eye & black magic):



## Dua of Nabi 🍇: -

#### Please note this Hadees: -

Narrated by Abu Saeed that Nabi use to seek refuge from Jinn & evil eye (nazar) of human, until Al-Mu'awwidhatain (Surah Falaq & Surah Naas) were revealed, so Nabi used them left other then Al-Mu'awwadhatain.

[Tirmizi: 2198; Book. 28; English vol. 4; Book. 2; Hadees. 2058]

In addition, there are several types of Prophetic 👺 Islamic prayer formulas. For instance,

2. One might recite for Sehar (Black magic) & Nazar (evil eye)

**Translation:** "I seek refuge with Allah's Prefect Words from the evil of what He has created."

[Abu Dawud: 3898, 3899; Book. 29; English Book. 28; Hadees. 3889, 3890]

#### Note:

The above Dua can be recited 3 times each early morning & evening daily.

## 3. In addition, one could recite:

" أُعِينُ كُمَا بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ وَمِنْ كُلِّ عَيْنٍ لآمَّةٍ "

<u>Translation:</u> I seek refuge with Allah's Prefect Words from every devil & evil soul & from every evil Eye".

[Tirmizi: 2201; Book. 28; English vol. 4; Book. 2, Hadees. 2060]

The above Dua can be recited 3 times each early morning & evening daily.

#### 4. Also, one might recite,

أَعُوذُ بِوَجُهِ اللَّهِ الْكَرِيمِ وَبِكَلِمَاتِ اللَّهِ التَّامَّاتِ اللَّتِي لاَ يُجَاوِزُهُنَّ بَرُّ وَلاَ فَاجِرٌ مِنْ شَرِّ مَا يَنْزِلُ مِنَ السَّمَاءِ وَشَرِّ مَا يَنْزِلُ مِنَ السَّمَاءِ وَشَرِّ مَا يَغُرُجُ مِنْهَا وَمِنْ يَعُرُجُ فِيهَا وَشَرِّ مَا يَغُرُجُ مِنْهَا وَمِنْ يَعُرُجُ مِنْهَا وَمِنْ فَتَنِ اللَّيْلِ وَالتَّهَارِ وَمِنْ طَوَارِقِ اللَّيْلِ وَالتَّهَارِ إِلاَّ طَارِقًا يَطُرُقُ بِخَيْرٍ يَا رَحْمَنُ .

**Translation:** "I seek refuge with the Noble Face of Allah & with the complete words of Allah which neither the good person nor the corrupt can exceed, from the evil of what descends from the sky & the evil of what ascends in it & from the evil of what is created in the earth & the evil of what comes out of it & from the trials of the night & day & from the visitations of the night & day, except for one that knocks with good, O Merciful!".

[Muwatta Malik: 1742; Book. 51, English Book. 51, Hadees. 10]

## 5. In addition, this includes the supplication:

<u>Translation:</u> "I seek refuge with Allah's Perfect Words from His Anger & torment, from the evil of His slaves & from the whispers of the devils or that they might attend me".

[Abu Dawud: 3893; Book. 29; English Book. 28; Hadees. 3884]

6. Furthermore, one may also say the following supplication.

اللَّهُمَّ إِنِّى أَعُودُ بِوَجُهِكَ الْكَرِيمِ وَكَلِمَاتِكَ التَّامَّةِ مِنْ شَرِّ مَا أَنْتَ آخِذٌ بِنَاصِيَتِهِ اللَّهُمَّ أَنْتَ تَكْشِفُ الْمَغْرَمَ وَالْمَأْثَمَ اللَّهُمَّ لاَ آخِذٌ بِنَاصِيَتِهِ اللَّهُمَّ أَنْتَ تَكْشِفُ الْمَغْرَمَ وَالْمَأْثَمَ اللَّهُمَّ لاَ يُغْذُمُ جُنْدُكَ وَلاَ يَنْفَعُ ذَا الْجَرِّ مِنْكَ الْجَدُّ سُبْحَانَكَ وَبِحَمْدِكَ

<u>Translation:</u> O Allah! Thou removes debt & sin; O Allah! Thy troop's not routed, Thy promise is not broken & the riches of the rich do not avail against Thee. Glory & praise be unto Thee!

[Abu Dawud: 5052; Book. 43; English Book. 42; Hadees. 5034]

## 7. Furthermore, one might supplicate: -

أَعُوذُ بِوَجْهِ اللَّهِ الْعَظِيمِ الَّذِي لَيْسَ شَيْءٌ أَعْظَمَ مِنْهُ وَبِكَلِمَاتِ اللَّهِ الْخُسْنَى اللَّهِ اللَّهِ الْخُسْنَى اللَّهِ الْخُسْنَى كُلِّهَا مَا عَلِمْتُ مِنْهُا وَمَا لَمُ أَعْلَمُ مِنْ شَرِّ مَا خَلَقَ وَبَرَأَ وَذَرَأً.

<u>Translation</u>: I seek refuge with the immense Face of Allah - there is nothing greater than it - & with the complete words of Allah which neither the good person nor the corrupt can exceed & with all the most beautiful names of Allah, what I know of them & what I do not know, from the evil of what He has created & originated & multiplied."

[Muatta Malik: 1744; Book. 51, English Book. 51, Hadees. 12]

8. Hazrat Ali 🎄 narrated, saying: "Whenever Nabi 🐉 would visit an ill person, He 🐉 would recite: -

<u>Translation:</u> O' Allah! Make the harm go away, Lord of mankind & heal him, You are the Healer, there is no healing except your healing, a healing that does not leave any sickness.

[Tirmizi: 3565; Book. 48, English vol. 6; Book. 46, Hadees. 3565]

#### 9. Nabi 👺 recited as a Rugyah: -

Translation: O Allah! Lord of mankind! Remove the harm & heal him, for You are the Healer & there is no healing except Your healing, with a healing which does not leave any disease behind)". This may be repeated three times or more.

[Abu Dawud: 3890; Book. 29; English Book. 28; Hadees. 3881]

#### Rugvah (Dua) for eve disease: -

10. Once, wife of Abdullah Bin Masood & complained about her eyes, he said to her "If you had done, what Nabi 🕮 used to do, it would have been better for you & would have brought fast healing to your eyes. Splash water on your eyes & then say,

**Translation:** "Cure the ailment, O LORD! of the people, Bring about the cure, for You Alone Bring the cure & there is no cure except that which You Bring about. Bring a type of cure that eradicates every ailment".

[Ibn Majah: 3660; Book. 31; English vol. 4; Book. 31, Hadees. 3530]

(It is a part of a long Hadees).

Those who try these different types of supplications & Islamic prayer formulas will surely understand their great value & benefit of them & consequently will recognize the great need for them. These supplications will shield one from the effects of the evil eye & will fend off its harm if the evil eye touched them, but according to the degree of Faith, strength of soul, degree of reliance (on Allah) & strength of heart of whoever recites them. These supplications are types of weapons & their effectiveness depends on the skill of whoever uses them.

#### Lesson no. 63 Question & Answers regarding Ruqyah:

#### **Questions & Answers: -**

**Question no 1: -** What are the virtues of a man reciting Ruqyah for himself? What is the evidence for that? What should he say when he recites Ruqyah for our self?

<u>Answer no 1: -</u> There is nothing wrong with the Muslim reciting Ruqyah (protective & healing supplications) for himself. That is permissible; indeed it is a Sunnah, to recite Ruqyah for our self.

Hadees: - 1 Narrated by Abu Saeed & that Nabi & use to seek refuge from Jinn & evil eye of human, until Al-Mu'awwadhatain (Surah Falaq & Surah Naas) were revealed, so Nabi & used them & left other then Al-Mu'awwadhatain.

[Tirmizi: 2198; Book. 28; English vol. 4; Book. 2, Hadees. 2058]

[Bukhari: 5735; Book no. 76; English vol. 7; Book. 71; Hadees. 631]

Hadees: - 3 Nabi said that, the seventy thousand, of His Ummah, who will enter Paradise (Jannah) without being brought to account or punished & "They will be those who did not recite Ruqyah or ask for Ruqyah to be done & they did not believe in bad omens & they put their trust in their Lord". The phrase "They did not recite Ruqyah" is the words of the narrator, not of the Nabi s. Hence Bukhari narrated this Hadees & did not mention this phrase.

[Bukhari: 5752; Book. 76; English vol. 7; Book. 71; Hadees. 648]

Ibn Al-Qayyim (ra) said: "This phrase is inserted in the Hadees, but it is a mistake on the part of some of the narrators". [Hadi al-Arwah, 1/89]

Those people are praised because they did not ask anyone to recite Ruqyah for themselves & Ruqyah are types of Dua or Quranic verses, so they did not ask others to pray for themselves. The phrase

"and they did not recite Rugyah" which is mentioned in the Hadees is a mistake (on the part of the narrator).

Nabi & recited Rugyah for Himself & for others. His & reciting Rugyah for Himself & others was like making Dua' for Himself & others; this is something that is enjoined. As all the Prophets asked Allah & prayed to Him. (As Allah tells us in the stories of Adam & Ibrahim & Musa & & others") Rugvah are one of the greatest remedies that the believer should use regularly. If anyone wants to recite Rugyah for himself or for someone else, there are many such verse of Quran, the greatest of which are Al-Faateha & Al-Mu'awadhatayn (Surah Falag & Surah Naas).

*Hadees: - 4* A group of the Companions of Nabi 🗸 set out on a journey & traveled until they came near one of the Arab tribes. They asked them for hospitality but they were refused.

Then the leader of that tribe was stung & his people tried everything to cure him but nothing helped.

Then some of them said: "Why don't you go to those people who are staving (nearby)? Maybe one of them has something". So they went to them & said, "O people, our leader has been stung & we have tried everything & nothing helped him. Do you have anything?" One of them said: "Yes, by Allah. I will perform Rugyah for him, but by Allah we asked you for hospitality & you did not give us anything, so we will not perform Rugyah for you unless you give us something in return". So they agreed on a flock of sheep, then he started to blow on him & recite:

Then he recovered quickly from his complaint & started walking & he was completely cured.

After that they took the flock of sheep & some of the companions of Nabi said, "Let us share it out". The one who had performed Rugyah said: "Do not do anything until we come to Nabi & & tell him what happened & we will wait & see what Nabi & tells us to do". So they came to the Nabi 🗸 & told him what had happened. Nabi 🗸 said: "How did you know that it is a Rugyah?" Then Nabi & said: "You did the right thing, share them out & give me a share". & Nabi & smiled.

[Tirmizi: 2204, 2205; Book. 28; English vol. 4; Book. 2, Hadees. 2063, 2064]

#### Treating pain with Rugyah: -

Hadees: - 5 Hazrat by Usman Ibn Abil الله complained to Nabi الله about pain that he had felt in his body from the time he had become Muslim. Nabi الله said to him, "Put your hand on the part of your body where you feel pain & say 'Bismillah (in the name of Allah) three times, then say seven times, المُعوذُ بِعِزَّةِ الله وقُدرَتهِ مِنْ شَرِّ مِا أَجِلُ وأُحاَذِر

<u>Translation:</u> (I seek refuge in the glory & power of Allah from the evil of what I feel & worry about).

[Muslim: 2202; Book. 39; English Book. 26; Hadees. 5462]

Hadees: - 6 Narrated by Hazrat Usman Bin Abu Al-Aa's state that he complained to Nabi stabout pain in his body that he suffered from ever since he became a Muslim. Nabi state replied: Place your hand on the painful area of your body & recite: -

In the Name of Allah), thrice, Then say seven times) بسم الله الرحير

<u>Translation:</u> ("I seek refuge with Allah's Might & Power from the evil of what I am suffering from & because of which I have become worry"). He said: "So I did it & Allah removed what I had & I never ceased telling my family & others to do it."

[Tirmizi: 2224; Book. 28; English vol. 4; Book. 2, Hadees. 2080]

Hadees: - 7 Narrated Ibn Abbas رضى الله عبها that, for fever & all kinds of pain, Nabi ඎ used to teach them to say:

<u>Translation:</u> (In the Name of Allah the Great, I seek refuge with Allah the Almighty from the evil of a vein gushing (with blood) & the evil of the heat of the Fire").

[Ibn Majah: 3655; Book. 31; English vol. 4; Book. 31, Hadees. 3526]

Hadees: - 8 Hazrat Ibn Abbas رخى الله عنهيا says that, "Nabi ﷺ used to seek refuge for Hasan & Husain ﷺ & use to say, 'Your father [meaning Ibrahim ﷺ, peace be upon him] used to seek refuge with Allah for Ismail & Ishaq with these words:

<u>Translation:</u> (I seek refuge in the perfect words of Allah, from every devil & every poisonous reptile & from every evil eye)'.

[Bukhari: 3371; Book. 60; English vol. 4; Book. 55; Hadees. 590]

Hadees: - 9 Kharijah Bin Al-Salt quoted his parental uncle as saying that he passed (some person), He recited Surah Al-Faateha over him for three days morning & evening. Whenever he finished it, he collected some of his saliva & spit it out & he seemed as if he were set free from a bond. They gave him something as payment. He then came to Nabi & said about it, & Nabi & said accept it.

[Abu Dawud: 3420; Book. 24; English Book. 23; Hadees. 3413]

**Question No. 2: -** What is the way to deal with Sehar (black magic / witchcraft)?

Answer No. 2: - Whoever is affected by sehar (black magic) should not treat it with sehar, because evil cannot be removed by evil & kufr cannot be removed by kufr. Evil is removed by Haq (And Quran is Haq).

When Nabi & was asked about Al-Nushrah (treating black magic (sehar) with black magic (sehar), Nabi & said: "This is the work of the Devil (Shaitaan)".

[Abu Dawud: 3868; Book. 29; English Book. 28; Hadees. 3859]

Nushrah means removing black magic from a person who has been affected by it by using more black magic. (Which is not allowed?).

But if, treated by means of the Qur'an & permissible medicines or good Ruqyah, there is nothing wrong with that, but treating it with black magic is not permitted, as previously stated, because black magic means worshipping the devil (shaitaan). The magician, practitioner of witchcraft (seharar) does black magic (sehar) or learns it only after worshipping & serving the devils (shaitaan) & drawing close to them by

means of the things that they like. After that, they teach him the means of black magic.

One should seek treatment by means of reciting Qur'an & the prayers for refuge with Allah that are prescribed in Islam & permissible medicines, just as patients with all kinds of sicknesses are treated by doctors.

**Question No. 3: -** Do all the patients recover from Rugyah?

Answer No. 3: - The patients may recover, but some may not recover, due to, if his appointed time of death has arrived or may be near or Allah does not will to give him recovery, or he may not recover & may die from sickness, even though he may be treated by the most skilled physicians & knowledgeable doctors. When the appointed time of death comes, no medicine or treatment will be of any help, because Allah says:

<u>Interpretation Translation:</u> "And Allah grants respite to none when his appointed time (death) comes".

[Surah Al-Munafigeen verse no. 11]

## Please read the following Hadees: -

1. Narrated by Abu Khizamah & that Nabi & was asked: Do you think that the medicines with which we treat ourselves, the Ruqyah by which we seek healing & the means of protection that we seek, change the decree of Allah at all?' Nabi & said: 'They are part of the decree of Allah'.

[Ibn Ma-jah: 3563; Book. 31; English vol. 4, Book. 31, Hadees. 3437]

2. Narrated by Abdullah & that Nabi & said: "Allah does not send down any diseases, but He also sends down the cure for it."

[Ibn Ma-jah: 3564; Book no. 31; English vol. 4; Book. 31; Hadees. 3438]

3. Narrated by Usamah Bin Sharik & that, "I saw the Bedouins asking Nabi & is there any harm in such & such, is there any harm in such & such?' Nabi & replied to them: 'O slaves of Allah! Allah has only made harm in that which transgresses the honor of one's brother. That is what is sinful. They asked Oh! Rasoolullah & is there any sin if we do

not seek treatment?' Nabi & replied: 'Seek treatment, O slaves of Allah! For Allah does not create any diseases but He (SWT) also creates with it the cure, except for old age.' They asked, Oh! Rasoolullah & what is the best thing that a person may be given?' He said: 'Good manners".

[Ibn Ma-jah: 3562; Book. 31; English vol. 4; Book. 31; Hadees. 3436]

4. Narrated by Abu Darda 🕸 that Nabi 🍇 said Allah has sent down both the diseases & the cure & He has appointed a cure for every disease, so treat yourselves medically, but use nothing unlawful.

[Abu Dawud: 3874; Book. 29; English Book. 28; Hadees. 3865]

5. Nabi & said Allah has not sent down a disease expect that Allah also sent down its cure; whoever knows it (the cure) knows it, & whoever is unaware of the cure, he is unaware of it; while those who are ignorant of the cure are ignorant.

[Mustadrak Hakim; Al-Tibb: 8266]

6. Hazrat Raza Al-Ghanvi 💩 says that get Shifa from those, in which Allah's praise are present like (Quranic verses) الحيديلة و العالمين (Surah Faateha) or قل هو الله احد (Surah Ikhlaas) (or other) & those who does not get Shifa (cure) with Ouran then understand there is no Shifa in your destiny.

[Jaame Sagheer: 977 & Fath Al-Kabir: 1740]

7. Hazrat Abu Hurairah 🐇 says that Rasoolullah 🐉 guided to get Shifa (cure) from Quran & if anyone does not get Shifa (cure) with Quran, then understand there is no Shifa in your destiny.

[Jaame Sagheer: 977]

In regards with above both Hadees we should understand that we are guided to get Shifa from Ouran & Names of Allah, or Dua in which there are praise about Allah & also should follow all guidance of Nabi &, & if anyone did not get Shifa in spite of Ouranic treatment than understand that cure is not in your destiny.

**Question No. 4: -** What is the right treatment for black magic (sehar)?

**Answer No. 4:** - Among the treatments prescribed in Islam, there are treatments of black magic with recitation of the Ouran. The greatest Chapter Surah in the Quran, which is Al-Faateha, should be recited over the person who has been affected by black magic. This should be repeated several times. Also Dua recited by Nabi & please read all the question & answers.

**Ouestion no 5:** - Was Rugyah done by Companion of Nabi & (Sahabah) Please explain in detail with references?

**Answer No. 5:** - Some of the Companion of Nabi & (Sahabah) & passed by some Bedouins whose sheikh, (their leader) was been bitten by a snake. They had done everything they could but nothing worked. They said to one of the Companion of Nabi & (Sahabah) &, "Is there any raagi (one who performs Rugyah) among you?" They said, "Yes". So one of them recited Surah al-Faateha over him & he immediately got up full of energy as if nothing had happened; Allah healed him of the ill-effects of that snakebite.

[Tirmizi: 2204, 2205; Book no. 28; English vol. 4 Book. 2, Hadees. 2063, 2064]

Nabi & said: "There is nothing wrong with Rugyah as long as it does not involve in shirk" (making companion in Allah's power or His Qualities). Rasoolullah & also performed Rugyah. There are lot of good in Rugyah & a great deal of benefit. Al-Faateha, Aayat al-Kursi, "قل هو الله احدي" (Chapter 112), *Al-Mu'awwadhatain (Surah Falag & Surah Naas*) & other verses (aayahs) may be recited over the person who has been affected by black magic (sehar), as well as good Dua narrated in the Hadees from Nabi &. & a lot of Hadees are there which shows that Rugyah was done by Companion of Nabi & (Sahabah) & also.

Ouestion No. 6: - Did Jibrail and do Rugyah for Nabi ?

Answer No. 6: - Yes Jibrail 🕮 did Rugyah for Nabi 🐉 as follows: -

## Rugyah performed by Angel Jibrail 🥮 for Nabi 🕸: -

1. Narrated by Umar 🐞 that he heard Junaid Bin Abu Umayyah say that he heard Ubadaih Bin Samit say that Angel Jibrail 🕮 performed Rugyah for Nabi & due to fever as:

# بِسْمِ اللَّهَأَرُ قِيكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ مِنْ حَسَنِ حَاسِبٍ وَمِنْ كُلِّ عَيْنِ اللَّهُ يَشُفِيكَ.

<u>Translation:</u> (In the Name of Allah I perform Ruqyah for you, from everything that is harming you; from the envy of the envier & from every evil eye, may Allah heal you).

[Ibn Ma-jah: 3657; Book. 31; English vol. 4; Book. 31, Hadees. 3527]

This is a great Ruqyah which was narrated in a Saheeh (authentic) Hadees from Nabi .

#### The best Rugyah done by Angel Jibrail (a.s) for Nabi 🐉: -

2. Narrated by A'isha رض الله عنها that when Nabi ﷺ fell ill, Angel Jibrail عليه to recite this for Nabi ﷺ.

<u>Translation</u>: (In the name of Allah, may He cure you from all kinds of illnesses & safeguard you from the evil of a jealous one when he feels jealous & from the evil influence of eye").

[Muslim: 2185; Book no. 39; English Book. 26; Hadees. 5424]

3. Narrated Abu Hurairah & that Nabi & came to visit me (when I was sick) & said to me: 'Shall I not recite for you a Ruqyah that Angel Jibrail brought to Me?' I said: My father & mother may be ransomed for you! Yes, O Rasoolullah &!' He recited 3 times: -

<u>Translation:</u> (In the Name of Allah I perform Ruqyah for you, from every disease that is in you & from the evil of those who (practice witchcraft when they) blow in the knots & from the evil of the envier when he envies)."

[Ibn Ma-jah: 3653; Book. 31; English vol. 4; Book. 31, Hadees. 3524]

4. Narrated from Abu Saeed sthat Angel Jibrail see came to Nabi & & said. "O Muhammad , vou are ill. He said: 'Yes.' He recited: -

# بِسْمِ اللَّهِ أَرْقِيكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ مِنْ شَرِّ كُلِّ نَفْسٍ أَوْ عَيْنِ أَوْ حَاسِبِ الله يَشْفِيكَ بِسُمِ اللهِ أَرْقِيكَ.

**Translation:** (In the Name of Allah I perform Rugyah for you, from everything that is harming you, from the evil of every soul or envious eye & may Allah heal you. In the Name of Allah I perform Ruqyah for you).

[Ibn Ma-jah: 3652; Book. 31; In English vol. 4; Book. 31; Hadees. 3523]

**Ouestion No. 7: -** Is Rugyah in Islam, done for snake bite or else?

**Answer No. 7: -** It is prescribed to perform Rugyah for the one, who has been bitten or stung & the one who has been affected by black magic (sehar) & the one who is sick. There is nothing wrong with performing Rugyah for one who is sick or has been affected by black magic or bitten or stung or by reciting good Dua, even if they were not transmitted from Nabi & so long as they do not contain anything that is haraam or Shirk (making companion of Allah power & Qualities) in it, because of the general meaning of the Hadees of Nabi &, "There is nothing wrong with Rugyah so long as it does not involve shirk".

Allah can heal the sick, affected by black magic (sehar) & any other problem, without any Rugyah & without any action on the part of other people, because He is Able to do all things & He is Wise in that entire, He does. Allah says in His Holy Book:

**Translation:** "Verily, His Command, when He intends a thing, is only that He says to it, 'Be!' & it is!"

[Surah Yaaseen verse no. 82]

To Him be praise & thanks for all that He wills & decrees, for He is wise in all that He does.

The sick person may not be healed if his appointed time (death) has come & it is decreed that he should die from this disease. Among the things that may be used in Rugyah are the verses which speak of black magic (sehar), which may be recited & blown on water. These are the verses about black magic as follows: -

## Verses about black magic: -

#### Verses about black magic: -

1. Chapter 7 (Surah) Al-A'raaf, verse no. 117 to 119.

Translation: "And we revealed to Moosa (saying): 'Throw your stick,' & behold! It swallowed up straight away all the falsehood which they showed. Thus truth was confirmed & all that they did was made of no effect. So they were defeated there & returned disgraced

2. Chapter 10 Surah Yunus, verse no. 80 to 82.

Translation: & when the sorcerers came, Moosa said to them: 'Cast down what you want to cast!' Then when they had cast down, Moosa said: 'What you have brought is sorcery; Allah will surely make it of no effect. Verily, Allah does not set right the work of Al-Mufsidoon. & Allah will establish & make apparent the truth by His Words, however much the Mujrimoon may hate (it).'"

3. Chapter 20 Surah Ta-ha verse (ayah) no. 65 to 69.

قَالُوا يَا مُوسَىٰ إِمَّا أَنْ تُلْقِى وَإِمَّا أَنْ نَكُونَ أَوَّلَ مَنْ أَلَقَىٰ، قَالَ بَلُ أَلُقُوا ۚ إَلَيْهِ مِنْ سِحْرِهِمُ بَلُ أَلْقُوا ۚ فَإِذَا حِبَالُهُمُ وَعِصِيُّهُمُ يُغَيَّلُ إِلَيْهِ مِنْ سِحْرِهِمُ أَنَّهَا تَسْعَىٰ، فَأُوْجَسَ فِي نَفْسِهِ خِيفَةً مُوسَىٰ، قُلْنَا لَا تَخَفُ إِنَّكَ أَنْتَ الْأَعْلَىٰ، وَأَلْقِ مَا فِي يَمِينِكَ تَلْقَفُ مَا صَنَعُوا ۗ إِنَّمَا صَنَعُوا تَلْقَفُ مَا صَنَعُوا ۗ إِنَّمَا صَنَعُوا كَاللَّهُ السَّاحِرُ حَيْثُ أَتَىٰ لَا يَفْلِحُ السَّاحِرُ حَيْثُ أَتَىٰ

Translation: "They said: 'O Moosa! (ﷺ) Either you throw first or we are the first to throw?' Moosa (ﷺ) said: 'Nay, throw you (first)!' Then behold! Their ropes & their sticks, by their magic, appeared to him as though they moved fast. So Moosa (ﷺ) conceived fear in himself Allah said, 'Fear not! Surely, you will have the upper hand.

And throw that which is in your right hand! It will swallow up that which they have made. That which they have made is only a magician's trick & the magician will never be successful, to whatever amount (of skill) he may attain."

These verses are among the things by which Allah made the Ruqyah against black magic (sehar), to be beneficial. If the qaari' (reader) recites these verses & blow in water & also reads Surah al-Faateha, Aayat al-Kursiy, "قل هو الله الله " & Muawwadhatain (Surah Naas & Surah Falaq) & blow in the water, then pours it over the person who he thinks has been affected by black magic (sehar) or is being prevented by magic from having intercourse with his wife, then he will be healed by Allah's Leave. If seven lotus leaves are ground up & added to the water as well, this is appropriate, as was mentioned by Sheikh 'Abd Al-Rahmaan Ibn Hasan (ﷺ) in Fath al-Majeed, quoting from some of the scholars in the chapter entitled Ma jaa'a fi'l-Nushrah.

It is Mustahaab (unobligatory Sunnah) to recite the three Surah, namely قل أعوذ برب الناس & (Chapter 112), قل أعوذ برب الفاق (Chapter 113) & قل أعوذ برب الناس & (Chapter 114). The point is that these & similar treatments which are used to treat this problem of black magic (sehar), may also be used to treat the one who is prevented by magic from having intercourse with

his wife. This has been tried a great deal & Allah caused it to yield results. A person may be treated with Al-Faateha (Chapter 1) alone & be healed, or with قل هو الله احي (Chapter 112) & *Al-Mu'awwadhatain* (Surah Naas Chapter 114 & Surah Falaq Chapter 113) on their own & be healed.

#### Rules: -

It is very important that the person performing this treatment & the person who is being treated should both have sincere faith & trust on Allah they should know that He has control over all things & when He Wills a thing to happen, it happens & when He does not Wills a thing it does not happen. The matter is in His hands, whatever He Wills happens & whatever He does not will does not happen. When both, the reader & the one for whom Rugyah is done have faith & are sincere towards Allah, the sickness will disappear quickly by Allah's Will & both physical & spiritual medicine will be beneficial. We ask Allah to help us all, to please Him, for He is All-Hearing & is Ever Near.

Ouestion No. 8: - In the Book Fath Al-Bary, it is mentioned that Rugyah (recitation for healing or protection) has very good effects. Please explain Rugyah & it's good effects?

Answer No.8: - Rugyah means reciting Quran & saying supplications (Dua) reported from Nabi & over the sick seeking to be cured; in addition to other good & lawful supplications.

It has very good curing effects. Nabi & used to recite over the sick & so did the Sahaba (Companions of the Prophet ...).

1. For Example Nabi & recited as a Rugyah:

Translation: (O Allah Lord of mankind, remove the harm & heal him, for You are the Healer & there is no healing except Your healing, with a healing which does not leave any disease behind)". This may be repeated three times or more.

[Abu Dawud: 3890; Book. 29; English Book. 28; Hadees. 3881]

2. Hazrat Ali 💩 narrated, saying: "Whenever Nabi 🐉 would visit an ill person, He & would recite: -

**Translation:** O' Allah! Make the harm go away, Lord of mankind & heal him, You are the Healer, there is no healing except your healing, a healing that does not leave any sickness.

[Tirmizi: 3565; Book. 48, English vol. 6; Book. 46, Hadees. 3565]

Masaru Emoto a Japanese researcher & scientist & his team said: "My Muslim colleague offered to recite Ouranic verses over the water. He brought a tape-recorder & played some Ouranic verses & we got the most perfectly-shaped crystals. Then he played the 99 names of Allah. Each name produced a uniquely-shaped crystal. Then he began cursing the water. We said: Water, you are impure. You are not suited for consumption. The water, in this case, did not freeze, or produced an extremely ugly crystal." When they uttered bad words like "war" or "fighting," the water did not freeze, or else produced an ugly shape. When the man completed these experiments, which lasted 15 years, he published a five-volume book called Messages from Water. He wrote: "I have proven that water, that peculiar liquid, is capable of thinking, fathoming, feeling, getting excited & expressing itself."

He also found out that if someone recites the Quran on regular water, it gets the ability for the treatment of different diseases.

This scientist Masaru Emoto & his team also found out that, the Muslims recites بسم الله before eating / drinking. He says that after saying BISMILLAH on regular water, there are some strange changes happened in the quality of regular water. That make it best water.

Masaru Emoto is a Japanese author known for his claim that if human speech or thoughts are directed at water droplets before they are frozen, images of the resulting water crystals will be beautiful or ugly depending upon whether the words or thoughts were positive or negative. Emoto

claims this can be achieved through prayer, music or by attaching written words to a container of water.

**Question No. 9: -** What are the rules for performing Rugyah (recitation for healing or protection)? Is it permissible to make Ruqyah for more than one person? What do you advise to the patients?

**Answer No.9:** - Rugyah has to be done using Ouran & good supplications (Dua) with the hope that Allah accepts & makes it beneficial.

The person performing Ruqyah should blow breath & recite over the sick, Surah Al-Faateha or some verse (Quranic verses), or Ayat Al-Kursi Chapter 2 Surah Al-Bagarah, verse 255, Chapter 112 Surah Al-Ikhlaas or Al-Mu'awwidhatayn (Chapter 113 Surah Al-Falaq & Chapter 114 Surah Al-Naas). However, whole Quran is healing. & Quran Himself says, "It is for those who believe a guide & a healing".

1. Rugyah should be performed by reciting Qur'an & lawful supplications on the area of pain along with blowing breath over it, whether the aching area is the chest, head or leg. Faateha is to be recited along with as much verse as one can. Then to supplicate to Allah saving:

Or to supplicate saying, "In the Name of Allah, I perform Rugyah (reciting Our'an & saying supplications over the sick seeking healing) for you, from everything that may harm you; from the evil of any soul or envious eye. May Allah heal you. In the Name of Allah I perform Rugyah for you".

[Ibn Majah: 3652; Book. 31; English vol. 4; Book. 31, Hadees. 3523]

## Rugvah for two or more people at one time: -

The person may recite & then blow breath over the aching area, whether it is their chest, hand, or head, according to the sickness. There is nothing wrong to do Rugyah for more than one person at one time, if more than one person needs to have Ruqyah performed for them, I think there is nothing wrong to recite it over more than one patient at same time.

Ouestion No. 10: - Which verses did Nabi & use in performing Rugyah for patients? How should they be recited? Should they be recited as Rugyah just at the beginning of sickness or continue to be recited until the sickness is gone? What is your advice to the person performing Rugyah?

**Answer No. 10: -** Whole Glorious Quran is blessed & can be recited as Rugyah. Surah Al-Faateha (Opening Chapter 1 of the Ouran), Avat Al-Kursi, Surah Al-Ikhlaas & Al-Mu'awwadhatayn can be recited as Rugyah. Nabi & is reported to have used all these verses & urged His & followers to use them, especially Al-Faateha because it is the Mother of the Ouran & is the best Chapter Surah also, Ayat- Al-Kursi is the best verses.

Nabi & guided us to recite Ayat Al-Kursi after every Salah (Prayer) & before sleeping & also used to recite Surah Al-Ikhlaas & Al-Mu'awwidhatayn (Surah Falaq & Surah Naas) three times before going to sleep.

Nabi & use to recite & blow on His Hands & pass His & Hands on His Head, face & the front part of His Body & said, "Anyone who recites these three Chapters (Surah Al-Ikhlaas, Al-Falag & Al-Naas) at the beginning of the night or day, nothing harmful will touch or befall them". All this is Mashru` (Islamically permissible). It is also authentically reported that the Sahabah (Companions of Nabi &) used only Al-Faateha for Rugyah & Allah granted healing.

1. Narrated by Abu Saeed Khudri 🎄 that Nabi 🕸 sent us, thirty horsemen, on a military campaign. We camped near some people & asked them for hospitality but they refused. Then their leader was stung by a scorpion & they said: 'Is there anyone among you who can recite Rugyah for a scorpion sting?' I said: 'Yes, I can, but I will not recite Rugyah for him until you give us some sheep.' They said: 'We will give you thirty sheep.' So we accepted them & I recited Al-Hamd (i.e. Chapter Faateha) over him seven times. Then he recovered & I took the sheep. Then some doubts occurred within us. Then we said: 'Let us not hasten (to make a decision concerning the sheep) until we come to Nabi & So when we came back: 'I told Him & what I had done. He & said: 'How did you know that it is a Rugyah? Divide them up & give me a share as well."

[Ibn Majah: 2239; Book. 12; English vol. 3; Book. 12, Hadees. 2156]

2. Narrated by A'isha خي الله عنا that when Nabi 🎄 use to go to bed, He 🎄 used to recite Surah Ikhlaas, Falaq & Naas & blew on palms & passed them over His Face & those parts of Body to which His Hands reached & if fell ill He & use to order me to do the same for Him &.

[Bukhari: 5748; Book. 76; English vol. 7; Book. 71; Hadees. 644]

3. A long Hadees narrated by Abu Hurairah 🎄 that: "When you go to bed, recite Ayat Al-Kursi (Chapter 2 verse no. 255) for there will be a guardian appointed over you by Allah & devil (shaitaan) will not be able to approach you till morning" & Nabi & confirmed that it is right.

[Riyadh As-Salihin: 1020; Book. 9, English Book. 9, Hadees. 30]

4. Narrated by Abu Hurairah 🐗 that Nabi 🐉 said: "Whoever recites Ha Mim Al-Mu'min - up to - To Him is the return (Chapter 40 verse no. 1 to 3) & Avat Al-Kursi when he reaches (gets up) in the morning, he will be protected, till the evening. & whoever recites them when he reaches the evening, he will be protected till the morning."

[Tirmizi: 3120; Book. 45, English vol. 5; Book. 42, Hadees. 2879]

5. Kharijah Bin Al-Salt quoted his parental uncle as saying that he passed (some person), He recited Surah Al-Faateha over him for three days morning & evening. Whenever he finished it, he collected some of his saliva & spit it out & he seemed as if he were set free from a bond. They gave him something as payment. He then came to Nabi & & said about it, & Nabi & said accept it.

[Abu Dawud: 3420; Book. 24; English Book. 23; Hadees. 3413]

6. Abdullah Bin Khubaib 🎄 reported that Nabi 🐉 said to me, "Recite Surah Al-Ikhlaas (Chapter 112) & Al-Mu'awwadhatain (Chapter 113 Surah Al-Falag & Chapter 114 Surah An-Naas) three times at dawn & dusk. This will protect you in all respects."

[Riyadh As-Salihin: 1456; Book. 16, English Book. 16, Hadees. 49]

7. Narrated Saad 🐗 that Nabi 🕸 said: "Whoever takes seven 'Ajwah dates in the morning will not be effected by magic or poison on that day."

[Bukhari: 5779; Book. 76; English vol. 7; Book. 71; Hadees. 671]

Question no. 11: - Is it permissible when performing Ruqyah for a Muslim to recite passages of the Quran & some Prophetic supplications (Dua) on water or some olive oil or dates or etc so that the patient drinks the water or bathes with it? If it is not permissible, what is the rule of Ruqyah & its conditions?

Answer No. 11: - There is nothing wrong with reciting Ruqyah over water which the patient drinks or washes themselves with. All this is permissible. Ruqyah should be performed for a patient by reciting & blowing over them; it can also be made over water which the patient then drinks or washes with. All this is permissible.

It is authentically reported Nabi performed Ruqyah for Thabit ibn Qays ibn Shamas by reciting over water & then pouring it on him. If one performs Ruqyah for his brother on water, then makes him drink it or pours it on him, it is hoped that Allah will heal him & he will recover thereby. Also, if a patient performs Ruqyah for themselves by reciting over the sick part of the body, whether their hand, leg or chest, then blows over it & supplicates to Allah to heal them, this is all good. & It is good to add Dua of Nabi . & to use olive oil or Sunnah medicine is also allowed to use. One can also use 7 dates also.

## Please refer the following Hadees: -

1. Narrated by Sabit Ibn Qays Ibn Shammas المحافظة entered upon Sabit Ibn Qays (The version of Ahmad Ibn Salih) when he was ill, He المحافظة المجافظة المجافظة المحافظة المحا

Translation: Remove the harm, O Lord of men,

He then took some dust of Bathan & put it in a bowel & then mixed it with water & blew in it & poured it on him. :

[Abu Dawud: 3885; Book. 29; English Book. 28; Hadees. 3876]

Question No.12: - My wife began visiting one of her neighbors as a kind of cordiality & keeping the social ties of neighbourhood. After two visits, her neighbour suddenly asked my wife to perform Wazoo (ablution) so she could use the water of my wife's Wazoo water to wash her leg with, which became swollen, as she thinks she has been afflicted by an evil eye (nazar). My wife performed Wazoo at once as she did not understand

what was going on. My wife came home weeping as it was the first time she had been subjected to this. I went to my neighbour & inquired about the matter, he said that his wife had been attacked by an evil eye (nazar) & she took Wazoo water from everyone who visited her. Please guide me whether this was right to do?

Answer No.12: - The evil eye (nazar) is real, as Nabi & told. (Hadees is given below).

A man or woman can cast an envious eye. A woman may see something that belongs to her neighbour or other females that she likes & envy occurs. Similarly, a man may cast an envious look at his brother or neighbour or others. There is nothing wrong if a man or a woman is asked to perform Wazoo for some person to wash with - all praise is for Allah. Moreover, one may unintentionally envy another, so one should not be upset. The evil eye (nazar) is real & may be cast on some person without intending to. One may look admiringly at another & envy occurs. They may like a person's manner of walking, face etc. & so cast an envious eve (nazar) which may result in harm to the person's leg, head, or in a seizure. etc.

Therefore, there is no blame if a woman or a man asks another to perform Wazoo or to wash their face or hands in order to use the water hoping that Allah will grant healing by it.

This occurred with Salh Ibn Hunayf Sahl Ibn Hunayf 🐞 & `Amir Ibn Rabi`ah 🞄 during the time of Nabi & Amir & was asked by Nabi & to perform Wazoo for Sahl & then the water was poured over him, thus, Allah healed him, The evil eve is real & there is no blame if one asks his or her sister to wash their hands, face or perform Wazoo to pour the water over the area one thinks was affected by an evil eye. (Hadees is given below).

## Please go through theses Hadees: -

1. Narrated by Abu Hurairah 🐞 that Nabi 🐉 said that the evil eye is real & narrates that Nabi 🎄 said Seek refuge with Allah for the evil eve is real.

[Ibn Majah: 3636, 3637; Book. 31; English vol. 4; Book. 31, Hadees. 3507, 3508]

2. Nabi & said: "Most of those who will die from my nation (ummat) after what Allah has decreed will be from the evil eye (Nazar)".

[Fathul Hagg Al-Mubeen, As-Sahih: 747]

3. Hazrat Ibn Abbas رضىالله عنبيا says that Nabi 🐉 said: "The evil eye is true & if there is anything that would precedes pre-destiny, it would be the evil eye & when you are asked to take bath (as a cure) from the influence of an evil eye, you should take bath".

[Muslim: 2188; Book. 39; English Book. 26; Hadees. 5427]

4. Narrated by Hazrat Abu Hurairah 🐗 says that Nabi 🐉 said: "The evil eye is true & He & prohibited tattooing".

[Bukhari: 5740; Book. 76; English vol. 7; Book. 71; Hadees. 636]

5. Hazrat A'isha رخى الله عنها said: "The person who touches others with the evil eye was commanded to perform ablution (Wazoo) & the person whom he touched by the evil eye would wash himself with that water.

[Abu Dawud: 3880; Book. 29; English Book. 28; Hadees. 3871]

6. Hazrat A'isha رضى الله عنها say that Nabi 🕮 commanded me, or commanded somebody else to do Ruqyah (Islamic prayer formulas) for the evil eye (Nazar).

[Bukhari: 5738; Book. 76; English vol. 7; Book. 71; Hadees. 634]

7. Hazrat Asma Bint Umays رضىالله عنها said: "O Nabi ﷺ the children of Jafar ﷺ are usually touched by the evil eye. Should I perform Rugyah (Islamic prayer formula) for them"? He & said: "Yes. If there is anything that precedes Predestiny, it would be the evil eye.

[Tirmizi: 2199; Book. 28; English vol. 4; Book. 2, Hadees. 2059]

8. Abu Umamah Bin Sahl Bin Hunaif narrated that Amir Bin Rabee'ah 🐇 once saw Sahl Bin Hunaif 🐇 take a bath & said: "By Allah! I have never observed the skin of a person that is softer than what I have just seen". Sahl fell on the ground. Nabi ## then came to Amir ## with anger & said to him. "Why would one of you kill his own brother? Why have you not said Tabarak Allah. (mav Allah bless it)? Take a bath for it". Amir 🐞 then washed his face, hands, elbows, knees, feet & a part of his garment in a pot for what he had done & then poured the used water on Sahl ...

[Ibn Majah: 3638; Book. 31; English vol. 4; Book. 31, Hadees. 3509]

9. Narrated by Ibn Abbas رضى الله عنها that Nabi 🗸 said: If there is anything that precedes Pre-destiny, it would be the evil eye. When one is touched by the evil eye, he should take a bath (or a wash) for it".

[Tirmizi: 2203; Book. 28; English vol.4; Book. 2, Hadees. 2062]

## Lesson no. 64 Quranic verses (Rugyah):





#### Introduction

*Islam is a complete way of life & addresses all aspects of the needs* of the creation. Here we will deal specifically with matters relating to spiritual healing or Rugyah.

#### Note:

Rugyah is commonly translated in English as "incantation" which has a negative meaning, since the word incantation is usually associated with magic, spells & witchcraft. However, Rugyah in Islam is the recitation of Qur'an, seeking of refuge, remembrance & supplications that are used as a means of treating sicknesses & other problems.)

<u> Ouranic verses as Rugvah: -</u>

1

Surah Al-Faateha: 1 to 7

سورةالفأتحة: ١ إلى٧

﴿﴾ الْحَمْلُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿﴾ الرَّحْمَٰنِ الرَّحِيمِ ﴿﴾ مَالِكِ يَوْمِ الرِّينِ ﴿﴾ إِيَّاكَ نَعْبُلُ وَإِيَّاكَ نَسْتَعِينُ ﴿ ﴾ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ﴿ ﴾ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغُضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ﴿ ﴾

"(All) praise is (only) Allah's, the Lord of the Worlds. The Beneficent, The Merciful. Master of the Day of Judgement. Thee (alone) do we worship & of Thee (only) do we seek help. Guide us (O' Lord) on the Straight Path. The path of those upon whom Thou hast bestowed Thy bounties, not (the path) of those inflicted with Thy wrath, nor (of those) gone astray."

2

#### Surah Al-Bagarah: 1 to 5

## سورةالبقرة: ١ إلى ٥

الم ﴿ فَلِكَ الْكِتَابُ لَا رَيْتِ ﴿ فِيهِ ﴿ هُلَى لِّلْمُتَقِينَ ﴿ الَّذِينَ يُؤْمِنُونَ بِمَا لِلْمُتَقِينَ ﴿ اللَّذِينَ يُؤْمِنُونَ بِمَا لِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَجَا رَزَقْنَاهُمْ يُنفِقُونَ ﴿ ﴾ وَالَّذِينَ يُؤْمِنُونَ بِمَا أُنزِلَ مِن قَبْلِكَ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ ﴿ ﴾ أُولَئِكَ عَلَىٰ هُلَى قِبْلِكُ وَنِ ﴿ هُ اللَّهُ لِحُونَ ﴿ هُ اللَّهُ لِحُونَ ﴿ هُ اللَّهُ لَلْكُونَ ﴿ هُ اللَّهُ لَلْكُونَ ﴿ هُ اللَّهُ لَلْكُونَ ﴿ هُ اللَّهُ اللْلِلْكُ اللَّهُ الللَّهُ اللَّهُ اللْلِلْمُ اللَّهُ اللْمُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ الْمُؤْمِنَ اللَّهُ الْمُؤْمِلُولُ اللَّهُ اللَّهُ اللَّهُ الللْمُ اللَّهُ اللَّهُ الْمُؤْمِنُ الْمُؤْمِلُولُ اللَّهُ الْمُؤْمِلُولُ اللَّهُ الْمُؤْمِلُولُ اللْمُؤْمِلُولُ اللْمُؤْمِلُولُولُولُولُولُولُولُ الللْمُؤْمِلْمُ اللْمُؤْمِلُولُ الللْمُولِلَّهُ الْمُؤْمِلُولُ اللْمُل

"'Alif 'A', Lam 'L', Mim 'M'. This is the (True) Book wherein is no doubt, a guidance to the pious ones, Who believe in the Unseen & keep up prayer & spend (in charity) of what We have provided them. & who believe in what has been revealed to you (Muhammad) & what has been sent down (to other apostles) before you; & of the Hereafter they are certain. They are on (true) guidance from their Lord; & they are the ones who are the successful."

3

## Surah Al-Bagarah: 102

## سورةالبقرة: ١٠٢

وَاتَّبَعُوا مَا تَتُلُو الشَّيَاطِينُ عَلَىٰ مُلُكِ سُلَيْمَانَ ﴿ وَمَا كَفَرَ سُلَيْمَانُ ﴿ وَمَا كَفَرَ سُلَيْمَانُ وَلَكِنَ الشَّيَاطِينَ كَفَرُوا يُعَلِّمُونَ النَّاسَ السِّحْرَ وَمَا أُنزِلَ عَلَى الْمَلَكَيْنِ بِبَابِلَ هَارُوتَ وَمَارُوتَ ﴿ وَمَا يُعَلِّمَانِ مِنْ أَحْهِ حَتَّىٰ يَقُولًا إِثَّمَا نَحُنُ فِتْتَعَلَّمُونَ مِنْهُمَا مَا يُفَرِّقُونَ بِهِ يَقُولًا إِثَّمَا ثَحُنُ فِتْتَعَلَّمُونَ مِنْهُمَا مَا يُفَرِّقُونَ بِهِ بَنْ الْمَرُءِ وَزَوْجِهِ ﴿ وَمَا هُم بِضَارِّينَ بِهِ مِنْ أَحَهِ إِلَّا بِإِذْنِ اللَّهِ ﴿ وَيَتَعَلَّمُونَ مَا يَضُرُّهُمْ وَلَا يَنفَعُهُمْ ﴿ وَلَقَلُ عَلِمُوا لَمَن اللَّهِ ﴿ وَيَتَعَلَّمُونَ مَا يَطُرُوا لَمَن اللَّهِ ﴿ وَيَتَعَلَّمُونَ مَا يَطُرُوا لَمَن

# لَهُ فِي الْآخِرَةِ مِنْ خَلَاقِ ۚ وَلَبِئُسَ مَا شَرَوُا بِهِ أَنفُسَهُمْ اللهِ كَانُوا يَعْلَبُونَ ﴿ ١٠٠ اللَّهُ مَا اللَّهُ مَا اللَّهُ اللَّهُ مَا اللَّهُ اللَّهُ مَا اللَّهُ اللَّهُ مَا اللَّهُ اللَّهُ اللَّهُ مَا اللَّهُ مَا اللَّهُ اللَّهُ مَا اللَّهُ مَا اللَّهُ اللَّهُ مَا اللَّهُ مِنْ اللَّهُ مَا أَلَّهُ مَا اللَّهُ مَا اللَّهُ مِنْ اللَّهُ مِنْ اللَّهُ مِنْ اللَّهُ مِنْ اللَّهُ مِن اللّهُ مِن اللَّهُ مِن الللَّهُ مِنْ اللَّهُ مِن اللّ

"And they followed what the Shaitans chanted of sorcery in the reign of Solomon; & Solomon disbelieved not, but the Shaitans disbelieved by teaching people sorcery; & that which was sent down to the two angels, Harut & Marut, in Babylon. Even though they (the two) never taught anyone without saying: 'We are only a trial for you, therefore do not disbelieve'. So they learned from these two (magic spells) by which they might cause separation between a man & his wife, though they cannot hurt anyone (thereby) but by Allah's leave. They learn what harms them & profits them not; & they surely knew that the buyers of it would have no share of happiness in the Hereafter. & vile was the price for which they sold their own selves, had they but known (this)

Surah Al-Bagarah: 164-163

كُمْ إِلَهُ وَاحِدٌ اللَّهِ إِلَّهَ إِلَّا هُوَ الرَّحْمَٰنُ الرَّحِيمُ ﴿ ١١٠ ﴾ إِنَّ السَّهَاوَاتِ وَالْأَرْضِ وَانْحَتِلَافِ اللَّيْلِ وَالنَّهَارِ وَالْفُلُكِ الَّتِي الْبَحْرِ بِمَا يَنفَعُ النَّاسَ وَمَا أَنزَلَ اللَّهُ مِنَ السَّمَاءِ مِن مَّاءٍ الْأَرْضَ بَعْلَ مَوْتِهَا وَبَثَّ فِيهَا مِن كُلِّ دَابَّةٍ وَتَصْرِيفِ الرِّيَاجِ وَا الْمُسَخِّر بَيْنَ السَّمَاءِ وَالْأَرْضِ لَآيَاتٍ لِّقَوْمِ يَعْقِلُونَ ﴿٣٠﴾

"AND YOUR GOD is the One God: there is no deity save Him, the Most Gracious, the Dispenser of Grace. Verily, in the creation of the heavens & of the earth & the succession of night & day: & in the ships that speed through the sea with what is useful to man: & in the waters which God sends down from the sky, giving life thereby to the earth after it had been lifeless & causing all manner of living creatures to multiply thereon: & in the change of the winds & the clouds that run their appointed courses between sky & earth: [in all this] there are messages indeed for people who use their reason".

5

Surah Al-Bagarah: 255-256

سورةالبقرة: ٥٥ ٢ إلى ٥٦ ٢

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ﴿ لَا تَأْخُنُهُ سِنَةٌ وَلَا نَوْمٌ ﴿ لَّهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ ۚ مَن ذَا الَّذِي يَشْفَعُ عِندَهُ إِلَّا السَّمَاوَاتِ وَمَا بَيْنَ أَيْدِيهِمُ وَمَا خَلْفَهُمْ ۗ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنَ عِلْمِهِ إِلَّا يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ ۗ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنَ عِلْمِهِ إِلَّا بِمَا شَاءَ ﴿ وَسِعَ كُرُسِيتُهُ السَّمَاوَاتِ وَالْأَرْضَ ۗ وَلَا يَعُودُهُ عِلْمِهِ إِلَّا بِمَا شَاءَ ﴿ وَسِعَ كُرُسِيتُهُ السَّمَاوَاتِ وَالْأَرْضَ ۗ وَلَا يَعُودُهُ عِلْمِهُمَا ﴿ وَهُو الْعَلِي الْعَظِيمُ ﴿ وَمَ اللّهُ السَّمَاوَاتِ وَالْأَرْضَ ۗ وَلَا يَعُودُهُ عَلَيْهُ السَّمَاوَاتِ وَالْأَرْضَ وَالْمَا عَلَي اللّهِ فَقَلِ السَّمَهُ وَلَا يَعُودُ وَقُولُ اللّهُ مَن الْفَي ۚ فَمَن يَكُفُرُ بِالطَّاغُوتِ وَيُؤْمِن بِاللَّهِ فَقَلِ السَّمَهُ اللهُ سَمِيعُ عَلِيمٌ ﴿ وَمَا لَللّهُ سَمِيعُ عَلِيمٌ ﴿ وَمَا لِللّهُ مَن الْفَقِي لَا انفِصَامَ لَهَا وَ وَاللّهُ سَمِيعٌ عَلِيمٌ ﴿ وَمِنْ اللّهُ مُن يَلُفُونُ إِللّهُ مَن يَلُولُونَ اللّهُ سَمِيعٌ عَلِيمٌ ﴿ وَمِن الْفَوْمَا مَلَ لَلّهُ مَا لَهُ وَاللّهُ سَمِيعٌ عَلِيمٌ ﴿ وَمُن اللّهُ عَلَالًا فَقُلُولُ لَا انفِصَامَ لَهَا وَ وَاللّهُ سَمِيعٌ عَلِيمٌ ﴿ وَمُولَ الْمَنْ اللّهُ وَلَا اللّهُ مَن الْفُقِى لَا انفِصَامَ لَهَا وَ وَاللّهُ مَا عَلَيْ مُ وَاللّهُ مَا مِن الْفَعُونَ وَلَا لَهُ مَا اللّهُ مَالْمَ لَهُ اللّهُ اللّهُ عَلَيْ مُا اللّهُ اللّهُ اللّهُ اللّهُ الْمَا اللّهُ الللّهُ اللّهُ اللّهُ اللّهُ اللّهُ الللّهُ اللّهُ الللّهُ الللللّهُ الللللّهُ الللللّهُ الللّهُ الللّهُ اللللّهُ الللللّهُ المُعَلّمُ الللللللللّهُ اللللللّهُ الللللّهُ اللللللّهُ الللللّهُ الللللّهُ الللللّهُ الللللّهُ الللللللللهُ اللللللّهُ اللللللهُ الللللللللهُ

"GOD - there is no deity save Him, the Ever-Living, the Self-Subsistent Fount of All Being. Neither slumber overtakes Him, nor sleep. His is all that is in the heavens & all that is on earth. Who is there that could intercede with Him, unless it be by His leave? He knows all that lies open before men & all that is hidden from them, whereas they cannot attain to aught of His knowledge save that which He wills [them to attain]. His eternal power overspreads the heavens & the earth & their upholding wearies Him not. & He alone is truly exalted, tremendous. There shall be no coercion in matters of faith. Distinct has now become the right way from [the way of] error: hence, he who rejects the powers of evil & believes in God has indeed taken hold of a support most unfailing, which shall never give way: for God is all-hearing, all-knowing".

6

Surah Al-Baqarah: 285-286

سورةالبقرة: ١٨٥ إلى ٢٨٦

آمَنَ الرَّسُولُ بِمَا أُنْزِلَ إِلَيْهِ مِن رَّبِّهِ وَالْمُؤْمِنُونَ ۚ كُلُّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ أَحِهِ مِّن رُّسُلِهِ ۚ وَقَالُوا سَمِعْنَا وَأَطَعْنَا ۚ عُفُرَانَكَ رَبَّنَا وَإِلَيْكَ الْبَصِيرُ ﴿ ١٨٠ لَا يُكَلِّفُ اللَّهُ نَفُسًا إِلَّا وَلَمْعَهَا ۚ كَلَّهُ اللَّهُ نَفُسًا إِلَّا وَلَمْعَهَا ۚ لَهَا مَا كَتَسَبَتُ ۚ رَبَّنَا لَا تُوَاخِلُنَا إِن نَسِينَا أَوْ أَخْطَأُنَا ۚ رَبَّنَا وَلَا تَحْبِلُ عَلَيْنَا إِصْرًا كَبَا حَمَلْتَهُ عَلَى الَّذِينَ مِن قَبْلِنَا ۚ وَرَبَّنَا وَلَا تُحْبِلُ عَلَيْنَا إِصْرًا كَبَا حَمَلْتَهُ عَلَى الَّذِينَ مِن قَبْلِنَا أَ وَرَبَّنَا وَلَا تُحْبِلُنَا مَا لَا طَاقَةَ لَنَا بِهِ ﴿ وَاعْفُ عَنَّا وَاغْفِرُ لَنَا وَارْحَمُنَا أَلُودِينَ ﴿ ١٨٨﴾ وَارْحَمُنَا ۚ أَنتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿ ١٨٨﴾

"The Apostle & the believers with him, believe in what has been bestowed upon him from on high by his Sustainer: they all believe in God & His angels & His revelations & His apostles, making no distinction between any of His apostles; & they say: "We have heard & we pay heed. Grant us Thy forgiveness, O' our Sustainer, for with Thee is all journeys' end! God does not burden any human being with more than he is well able to bear: in his favour shall be whatever good he does & against him whatever evil he does. "O' our Sustainer! Take us not to task if we forget or unwittingly do wrong! "O' our Sustainer! Lay not upon us a burden such as Thou didst lay upon those who lived before us! O our Sustainer! Make us not bear burdens which we have no strength to bear! "And efface Thou our sins & grant us forgiveness & bestow Thy mercy upon us! Thou art our Lord Supreme: succour us, then, against people who deny the truth!"

7

Surah Aal-Imran: 1-10

سورةآل عمران: ١ إلى ١٠

الم ﴿ اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ﴿ نَرَّلَ عَلَيْكَ الْكِتَابَ الْمُوَّا اللَّهِ لَلْ اللَّهِ اللَّهِ الْكَتِّ مُصَدِّقًا لِهَا بَيْنَ يَكَيْهِ وَأَنزَلَ التَّوْرَاةَ وَالْإِنجِيلَ ﴿ عَمِن قَبُلُ هُمًى لِلنَّاسِ وَأَنزَلَ الْفُرْقَانَ مَ إِنَّ اللَّذِينَ كَفَرُوا بِآيَاتِ اللَّهِ لَهُمْ عَذَابٌ شَدِيدٌ وَ وَاللَّهُ عَزِيزٌ ذُو انتِقَامٍ ﴿ ﴾ إِنَّ اللَّهَ لَا يَخْفَىٰ عَلَيْهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ ﴿ ﴾ هُوَ الَّذِي يُصَوِّرُكُمْ فِي الْأَرْحَامِ كَيْفَ

"Alif Lam M'im. Allah! There is no god but Him; the Living, the Eternal. He has revealed to you this Book with the Truth, confirming the scripture which preceded it, as He revealed the Taurat (Torah) & Injeel (Gospel), before this, as a guidance for mankind & also revealed this Al-Furgan (criterion for judgment between right & wrong). Surely those who reject Allah's revelations will be sternly punished; Allah is Mighty, capable of retribution. For sure nothing in the Earth or in the Heavens is hidden from Allah. It is He Who shapes your bodies in the wombs of your mothers as He pleases. There is no god but Him; the Mighty, the Wise. He is the One Who has revealed to you the Book. Some of its verses are decisive - they are the foundation of the Book - while others are allegorical. Those whose hearts are infected with disbelief follow the allegorical part to mislead others & to give it their own interpretation, seeking for its hidden meanings, but no one knows its hidden meanings except Allah. Those who are well grounded in knowledge say: "We believe in it; it is all from our Rabb." None will take heed except the people of understanding. They say: "Our Rabb, Do not cause our hearts to deviate now after you have guided us. Grant us Your own mercy; You are the Grantor of bounties without measure. Our Rabb! You will surely gather all mankind before You on the Day about which there is no doubt; surly Allah does not break His promise. Surely neither their wealth nor their children will save the unbelievers from the wrath of Allah: they are the ones who will become the fuel for Hell fire."

Surah Aal-Imran: 18-19

سورة آل عمران: ۱۹ إلى ۱۹

لُهُ لَا إِلَنَهَ إِلَّا هُوَ وَالْمَلَائِكَةُ وَأُولُو الْعِلْمِ قَائِمًا بِٱلْقِسْطِ الْعَزِيزُ الْحَكِيمُ ﴿ ﴿ إِنَّ اللِّينَ عِندَ اللَّهِ الْإِسُلَامُ ۚ وَمَا الَّذِينَ أُوتُوا الْكِتَابَ إِلَّا مِن بَعْدِ مَا جَاءَهُمُ الْعِلْمُ بَغْيًا ة وَمَن يَكُفُرُ بِآيَاتِ اللَّهِ فَإِنَّ اللَّهَ سَرِيعُ الْحِسَابِ ﴿ اللَّهِ سَرِيعُ الْحِسَابِ ﴿ ا

"Allah Himself has testified to the fact that there is no god but Him & so do the angels & those who are well grounded in knowledge standing firm on justice. There is no Ilah (God) except Him, the Mighty, the Wise. Surely the only Deen (true religion & the Right Way of life) in the sight of Allah is Al-Islam: Those to whom the Book was given did not adopt ways different than this except out of envy among themselves & after the true knowledge had come to them. They should know that Allah is swift in calling to account those who deny His revelations."

9

Surah An-Nisa: 56

كَفَرُوا بِآيَاتِنَا سَوْفَ نُصْلِيهِمْ نَارًا كُلَّمَا نَضِجَتُ جُ جُلُودًا غَيْرَهَا لِيَنُوقُوا الْعَلَىٰابَ ۚ إِنَّ اللَّهَ كَانَ

"Those who rejected Our revelations will soon be thrown into the Fire. No sooner will their skins be burnt out than We shall replace their skins, so that they may taste the real torment. Allah is Mighty, Wise."

10

Surah Al-Maaidah: 72-73

سورةالمائنة: ٢٧إلى٧٧

لَقَلُ كَفَرَ الَّذِينَ قَالُوا إِنَّ اللَّهَ هُوَ الْمَسِيحُ ابْنُ مَرْيَمَ ﴿ وَقَالَ الْمَسِيحُ ابْنُ مَرْيَمَ ﴿ وَقَالَ الْمَسِيحُ ابْنُ مَرْيَمَ ﴿ وَقَالَ الْمَسِيحُ ابْنُ مَن يُشْرِكُ بِاللَّهِ فَقَلُ عَرَّمَ اللَّهُ عَلَيْهِ الْجَنَّةَ وَمَأُواهُ النَّارُ ﴿ وَمَا لِلظَّالِمِينَ مِنُ أَنصَارٍ ﴿ مَ لَلَّهُ لَقُلُ كَفَرَ الَّذِينَ قَالُوا إِنَّ اللَّهَ ثَالِثُ ثَلَاثَةٍ ﴾ وَمَا مِنْ إلَهِ أَنصَارٍ ﴿ مَ لَكُ وَاللَّهُ وَاحِلٌ ﴿ وَمَا مِنْ اللَّهِ تَالِثُ وَلَوْنَ لَيَمَسَّنَ الَّذِينَ كَفَرُوا إِلَّا إِلَهُ وَاحِلٌ ۚ وَإِن لَّهُ يَنتَهُوا عَمَّا يَقُولُونَ لَيَمَسَّنَ الَّذِينَ كَفَرُوا مِنْهُمْ عَذَاكُ أَلِيهُ عَذَاكُ أَلِيهُ مَا اللَّهُ عَذَاكُ اللَّهُ عَذَاكُ اللَّهُ عَلَيْهِ اللَّهُ عَلَيْهُ اللَّهُ عَلَيْهِ اللَّهُ عَلَيْهُ اللَّهُ عَلَيْهُ اللَّهُ عَلَيْهُ اللَّهُ عَلَيْهِ اللَّهُ عَلَيْهُ اللَّهُ عَلَيْهِ الْعَلَيْفُ اللَّهُ عَلَيْهُ اللّهُ عَلَيْهُ اللَّهُ عَلَيْهُ اللّهُ عَلَيْهُ اللّهُ عَلَيْهُ اللّهُ عَلَيْهُ اللّهُ اللّهُ عَلَيْهُ اللّهُ اللّهُ عَلَى اللّهُ عَلَيْهُ اللّهُ عَلَيْهُ اللّهُ اللّهُ عَلَيْهُ اللّهُ اللّهُ اللّهُ عَلَيْهُ الْمَالِمُ اللّهُ اللّهُ اللّهُ اللّهُ اللّهُ اللّهُ عَلَيْهُ اللّهُ الللّهُ اللّهُ اللّهُ اللّهُ اللّهُ اللّهُ اللّهُ اللّهُ الللّهُ اللّهُ اللّهُ اللّهُ اللّهُ اللّهُ الللللّهُ اللللّهُ الللللّهُ الللّهُ الللللّهُ اللللللّهُ الللللللّه

"Certainly they have disbelieved who say: "Allah is Christ the son of Maryam (Mary)." While Christ himself said: "O children of Israel! Worship Allah, my Rabb & your Rabb." Whoever commits shirk (joins partners with Allah), Allah will deny him the paradise & the hellfire will be his home. There will be no helper for the wrongdoers. Certainly they are unbelievers who say: "Allah is one of three in a Trinity. There is no god except One Allah. If they do not stop saying what they say, a painful punishment will befall the disbelievers among them."

11

Surah Al-Aaraf: 54-56

سورةالأعراف: ١٥إلى٥٦

إِنَّ رَبَّكُمُ اللَّهُ الَّذِي خَلَق السَّمَاوَاتِ وَالْأَرْضَ فِي سِتَّةِ أَيَّامِ ثُمَّ اسْتَوَىٰ عَلَى الْعَرْشِ يُغْشِى اللَّيْلَ النَّهَارَ يَطْلُبُهُ حَثِيقًا وَالشَّهْسَ وَالْقَهَرَ وَالنَّجُومَ مُسَخَّرَاتٍ بِأَمْرِةِ وَ أَلَا لَهُ الْخَلْقُ وَالْأَمْرُ وَ تَبَارَكَ اللَّهُ رَبُّ الْعَالَبِينَ ﴿ مُ الْحَوْلَ اللَّهُ لَا لَهُ الْعَالَبِينَ ﴿ مُ الْحَوْلَ اللَّهُ لَا يُحِبُ الْعَالَبِينَ ﴿ مُ الْمُعْتَدِينَ ﴿ مُ الْمُعْتَدِينَ ﴿ مُ اللَّهُ وَلَا تُفْسِلُوا فِي الْأَرْضِ بَعْدَ إِصْلَاحِهَا وَادْعُوهُ خَوْفًا اللَّهُ وَاللَّهُ وَالْمُعْتَدِينَ ﴿ مُ اللَّهُ وَلَا تُفْسِلُوا فِي الْأَرْضِ بَعْدَ إِصْلَاحِهَا وَادْعُوهُ خَوْفًا اللَّهُ وَاللَّهُ اللَّهُ اللْمُ اللَّهُ اللْمُ اللْمُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللْمُ الْمُ اللَّهُ اللْمُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللْمُنْ اللَّهُ اللَّهُ اللَّهُ اللْمُلْمُ اللَّهُ اللَّهُ اللَّهُ اللْمُوالَّةُ اللْمُلْمُ اللَّهُ الْمُلِمُ اللَّهُ اللْمُلْمُ اللْمُلْمُ اللَّهُ اللْمُلْمُ الْمُؤْمِلَا اللَّهُ الْمُؤْمِلُ اللْمُؤْمِلَ اللللْمُ اللْمُلْمُ اللْمُلْم

## وَظَمَعًا ۚ إِنَّ رَحْمَتَ اللَّهِ قَرِيبٌ مِّنَ الْمُحْسِنِينَ ﴿ ﴿

"Surely your Rabb is Allah Who created the heavens & the earth in six *Yome (time periods) & is firmly established on the throne of authority.* He makes the night cover the day & the day follow the night automatically. He created the sun, the moon & the stars; & made them subservient to His will. Take note: His is the creation & His is the command. Blessed is Allah, the Rabb of the worlds! Call on your Rabb with humility & in private; for He does not love the transgressors. Do not create mischief in the land after it has been set in order. Pray to Him with fear & hope. Surely the mercy of Allah is always close to those who do good to others."

12

Surah Younus: 80-82

سورةيونس: ٨٠ إلى ٨٢

فَلَمَّا جَاءَ السَّحَرَةُ قَالَ لَهُم مُّوسَىٰ أَلَقُوا مَا أَنتُم مُّلُقُونَ ﴿٠٠﴾ أَلَقَوُا قَالَ مُوسَىٰ مَا جِئْتُم بِهِ السِّحْرُ ۗ إِنَّ اللَّهَ سَيُبُطِلُهُ ۗ إِنَّ اللَّ يُصْلِحُ عَمَلَ الْمُفْسِرِينَ ﴿١٠﴾ وَيُحِقُّ اللَّهُ الْحَقَّ بِكَلِمَاتِهِ وَلَوْ الَهُجُرِمُونَ ﴿١٨﴾

"When the magicians came, Musa said to them: "Throw what you wish to throw! So when they had thrown, Musa said: "The magic that you have brought, Allah will surely prove it wrong: for Allah does not promote the work of mischief makers. By His Words Allah vindicates the truth, much as the criminals may dislike it!"

13

Surah Al Kahf: 39

سورة الكهف: ٣٩

وَلَوُلَا إِذْ دَخَلْتَ جَنَّتَكَ قُلْتَ مَا شَاءَ اللَّهُ لَا قُوَّةً إِلَّا بِاللَّهِ } إِن تَرَنِ أَنَا أَقَلَ مِنكَ مَالًا وَوَلَمًا ﴿ وَاللَّهُ اللَّهِ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللّ

"When you entered your garden why did you not say: 'It is as Allah pleased, no one has power except Allah!' Though you see me poorer than yourself in wealth & children."

14 Surah Maryam: 68-70 سورةمريم: ٦٨ إلى٧٠

ثُمَّ لَنَانِعَتَ مِن كُلِّ شِيعَةٍ أَيُّهُمُ أَشَلُّ عِتِيًّا ﴿ ﴾ ثُمَّ لَنَحْنُ أَعْلَمُ بِالَّذِينَ هُمْ أَوْلَى بِهَا صِلِيًّا ﴿ ﴾

"By your Rabb, We will call them to account in the company of all their shaitans & set them on their knees around the Fire of Hell; then from every sect We will certainly drag out its stoutest rebels against the Compassionate (Allah). Certainly We know best who deserves most to be burned therein."

15

Surah Taha: 65-70

قَالُوا يَا مُوسَىٰ إِمَّا أَن تُلْقِيَ وَإِمَّا أَن نَّكُونَ أَوَّلَ مَنْ أَلَقَىٰ ﴿﴿﴿فَالَّا ﴿ ﴿ وَأَلَق مَا فِي يَمِينِكَ تَلْقَفُ مَا صَنَعُوا اللَّهِ إِنَّمَا صَنَعُوا السَّكَرُةُ سُجَّدًا ﴿ فَأَلُّ عِنْكُ أَتَّى ﴿ فَأَلَّقِي السَّحَرَّةُ سُجَّدًا آمَنَّا بِرَبِّ هَارُونَ وَمُوسَىٰ ﴿ ١٠﴾

"The magicians said: "O Musa! Will you throw down first or shall we? Musa replied: "Go ahead, throw down first". Suddenly it appeared to Musa as if their cords & staffs were moving about because of their magic & Musa conceived fear within himself. We said: "Do not be afraid! You will surely come out on top. Throw that which is in your right hand. It will swallow up everything they have produced. What they have produced is nothing but a magician's trick & a magician can never succeed against a miracle no matter how skillful he may be. When the magicians saw the serpent of Musa swallowing all their display, being professionals they knew that it was not magic, so the magicians humbled themselves by prostrating & said: "We believe in the Rabb of Haroon & Musa."

16

Surah Al Muminoon: 115-118

سورة المؤمنون: ١١٥ إلى ١١٨

أَفْسِبْتُمْ أَنَّمَا خَلَقْنَاكُمْ عَبَثًا وَأَنَّكُمْ إِلَيْنَا لَا تُرْجَعُونَ ﴿١١٠﴾ فَتَعَالَى اللَّهُ الْمَلِكُ الْحَقُّ ﴾ لَا إِلَّهَ إِلَّا هُوَ رَبُّ الْعَرْشِ الْكَرِيمِ ﴿﴿﴿ وَمَن يَلْعُ مَعَ اللَّهِ الْمَلِكُ مِنَ لَا يُفْلِحُ مَعَ اللَّهِ إِلَهًا آخَرَ لَا بُرْهَانَ لَهُ بِهِ فَإِنَّمَا حِسَابُهُ عِنْكَ رَبِّهِ ۚ إِلَّهُ لَا يُفْلِحُ الْكَافِرُونَ ﴿ ١١٠﴾ وَقُل رَّبِّ اغْفِرُ وَارْخُمْ وَأَنتَ خَيْرُ الرَّاحِمَينَ ﴿ ١١٨﴾

"Did you, then, think that We created you in mere idle play & that you would not have to return to Us? KNOW, then [that] God is sublimely exalted, the Ultimate Sovereign, the Ultimate Truth: there is no deity save Him, the Sustainer, in bountiful almightiness enthroned! Hence, he who invokes, side by side with God, any other deity [-a deity] for whose existence he has no evidence - shall but find his reckoning with his Sustainer: [and,] verily, such deniers of the truth will never attain to a happy state! Hence, [O believer,] say: "O my Sustainer! Grant [me] forgiveness & bestow Thy mercy [upon me]: for Thou art the truest bestower of mercy!"

17 Surah Al Shu'araa: 45-48 سورةالشعراء: ٥٤ إلى ٨٤ فَأَلَقَىٰ مُوسَىٰ عَصَاهُ فَإِذَا هِي تَلُقَفُ مَا

# السَّحَرَةُ سَاجِدِينَ ﴿ ﴿ وَالُوا آمَنَّا بِرَبِّ الْعَالَمِينَ ﴿ وَ بِ الْعَالَمِينَ ﴿ وَ بِ مُوسَىٰ وَهَارُونَ ﴿ وَ إِ

"Then Musa threw down his staff & lo! It swallowed their false devices! At this, all the magicians prostrated themselves, saying: "We believe in the Rabb of the Worlds, the Rabb of Musa (Moses) & Haroon (Aaron)."

18

Surah Al Naml: 30-31

سورة النمل: ٣٠ إلى ٣١

إِنَّهُ مِن سُلَيْمَانَ وَإِنَّهُ بِسُمِ اللَّهِ الْرَّحْمَٰنِ الرَّحِيمِ ﴿ ﴾ أَلَّا تَعْلُوا عَلَىَّ وَأْتُونِي مُسْلِمِينَ ﴿ ا ﴾

"It is from Sulaiman & it begins with the name of Allah, the Compassionate & the Merciful. It reads: Do not be arrogant against me & come to me in complete submission (as a Muslim)."

19

Surah Al Saffaat: 1-10

سورة الصّفت: ١ إلى ١٠

"I swear by those who range themselves in ranks & by those who cast out demons & by those who proclaim the message of Allah that surely your God is One, the Rabb of the heavens & of the earth & all that lies between them & the Rabb of the east (every point & place at the rising of the sun). We have indeed decked the worldly heaven with beautiful stars & have secured it against all obstinate rebellious shaitans. They cannot even hear the words of the exalted assembly of angels & they are darted at from every side if they try to get closer, they are repulsed & are under a constant chastisement. Eavesdroppers are persuaded by a flaming fire of piercing brightness."

20

سورةالنخان: ٣٤ إلى ٩٥ ه Surah Al Dukhaan: 43-59

"Surely the Zaqqum tree shall be the food of the sinners, it will be like the drags of oil. Which shall boil in the belly like the boiling of scalding water. A voice will be heard: "Seize him & drag him into the depth of the hell, then pour scalding water over his head, then the voice will say: "Taste it; you were such a powerful noble! This is the punishment which you use to doubt. As for the righteous, they will be in a secure place; among gardens & springs, dressed in fine silk & rich brocade, sitting face

to face. Such shall be their place! & We shall wed them to Hourin-Ayn (damsels with beautiful big & lustrous eyes). There, in full peace, they shall call for every kind of fruit; & after having prior death in the world, they shall taste death no more; & He (Allah) will protect them from the torment of hell as a grace from your Rabb & that will be the supreme achievement. Surely We have made this Qur'an easy by revealing in your own language so that they may take heed. If they do not accept the admonition then wait; surely they too are waiting."

21

Surah Al Ahqaaf: 29-32

سورة الاحقاف: ٩ ٢ إلى ٣٢

وَإِذْ صَرَفَنَا إِلَيْكَ نَفَرًا مِّنَ الْجِنِّ يَسْتَبِعُونَ الْقُرُآنَ فَلَهَّا حَضَرُوهُ قَالُوا الْمَصَوْوا ﴿ فَلَهَّا قَضِى وَلَّوا إِلَى قَوْمِهِم مُّنذِرِينَ ﴿ وَ اللَّهِ قَالُوا يَا قَوْمَنَا إِنَّا سَمِعْنَا كِتَابًا أُنزِلَ مِن بَعْدِ مُوسَىٰ مُصَدِّقًا لِّمَا بَيْنَ يَكَيْهِ يَهْدِي إِلَى الْحَقِّ سَمِعْنَا كِتَابًا أُنزِلَ مِن بَعْدِ مُوسَىٰ مُصَدِّقًا لِّمَا بَيْنَ يَكَيْهِ يَهْدِي إِلَى الْحَقِّ وَإِلَىٰ طَرِيقٍ مُّسْتَقِيمٍ ﴿ وَ اللَّهِ عَلَيْهِ اللَّهِ وَآمِنُوا بِهِ يَغْفِرُ وَإِلَىٰ طَرِيقٍ مُّسْتَقِيمٍ ﴿ وَ اللَّهِ عَلَيْهِ اللَّهِ وَآمِنُوا بِهِ يَغْفِرُ لَكُم مِّنَ عَنَابٍ أَلِيمٍ ﴿ وَمَن لَّا يُجِبُ دَاعَى اللَّهِ فَلَيْسَ فَرَامِنُوا بِهِ يَغْفِرُ اللَّهِ فَلَيْسَ بَعُعْمِ فِي الْأَرْضِ وَلَيْسَ لَهُ مِن دُونِهِ أَوْلِيَاءُ ۚ أُولَئِكَ فِي الْأَرْضِ وَلَيْسَ لَهُ مِن دُونِهِ أَوْلِيَاءُ ۚ أُولَئِكَ فِي الْأَرْضِ وَلَيْسَ لَهُ مِن دُونِهِ أَوْلِيَاءً ۚ أُولَئِكَ فِي اللَّهِ ضَلَالٍ مُّبِينٍ ﴿ وَاللَّهُ مَا اللَّهِ مَالِي مُنْ مُنْ اللَّهِ مَا لَهُ مِن دُونِهِ أَوْلِيَاءً ۚ أُولَئِكَ فِي الْأَرْضِ وَلَيْسَ لَهُ مِن دُونِهِ أُولِيَاءً ۚ أُولَئِكَ فَى اللَّهِ فَلَيْسَ فَيْمِينٍ ﴿ وَلَيْ اللَّهِ مَا لَيْكُولُ مُنِي الْمَالِ مُّبِينٍ ﴿ وَاللَّهُ فَلَيْسَ إِلَا اللَّهِ فَلَيْسَ إِنْ فَالْمُولِ مُّنِينٍ ﴿ وَالْمَالُ مُنْ يَنِهِ الْمُؤْلِى مُنْ اللَّهِ فَلَيْسَ إِنْ الْمُؤْلِ مُنْ مِن مُنْ اللَّهِ فَلَكُ اللَّهِ فَلَيْسَ إِنْ الْمُؤْلِ مُنْ الْمُؤْلِ مُنْ اللَّهِ فَلَيْسَ الْمَقِي الْمُؤْلِ مُنْ اللَّهِ فَلَيْسَ الْمُؤْلِ مُنْ الْمُؤْلِ مُنْ اللَّهُ فَلَيْسَ الْمُؤْلِقُولِ الْمُؤْلِقُولُ الْمُؤْلِقُولُولُ الْمُؤْلِقُولُ الْمُؤْلِقُ الْمُؤْلِقِيمِ الْمُؤْلِقُ الْمُؤْلِقُولُولُولُ الْمُؤْلِقُ اللْمُؤْلِقُ الْمُؤْلِقُ الْمُؤْلِقُولُولُولُولُولُ الْمُؤْلِقُ

"Tell them how We brought to you a group of jinns, who when they reached the place where you were reciting & listened to the Qur'an, said to each other: "Be silent." When the recitation was over, they returned to their people as warners. They said "O our people! We have just listened to a Book that has been revealed after Musa which is confirming that what came before it & it guides to the truth & to the Right Way. O our people! Answer the one who is calling you towards Allah & believe in him! Allah will forgive you your sins & save you from a painful punishment. He that does not answer the one who is calling towards Allah, shall neither escape in the earth, nor shall have any to protect from Him. Surely such people are in manifest error."

22

Surah Al Rahman: 33-36

سورة الرحن: ٣٦ إلى ٣٦

يَا مَعْشَرَ الْجِنِّ وَالْإِنسِ إِنِ اسْتَطَعْتُمْ أَن تَنفُنُوا مِنْ أَقْطَارِ السَّمَاوَاتِ وَالْأَرْضِ فَانفُنُوا ۚ لَا تَنفُنُونَ إِلَّا بِسُلَطَانٍ ﴿ ﴿ ﴿ فَبِأَيِّ آلَاءِ رَبِّكُمَا ثُكَذِّبَانِ ﴿ ﴿ فَا فَيُ اللَّهِ مَا لَكُ مَا شَلْ فَلَا قَلْمَا اللَّهِ مَا اللَّهِ مَا اللَّهِ مَا اللَّهِ مَا اللَّهِ مَرِّكُمَا ثُكَذِّبَانِ ﴿ وَ اللَّهِ مَا لَكُ اللَّهِ مَرِّكُمَا ثُكَذِّبَانِ ﴿ وَ اللَّهِ مَا لَكُ اللَّهِ مَرِّكُمَا ثُكَذِّبَانِ ﴿ وَ اللَّهِ مَا لَكُ اللَّهِ مَرْ اللَّهِ مَا لَكُ اللَّهُ مَا اللَّهِ مَا اللَّهِ مَا اللَّهِ مَرْ اللَّهُ مَا اللَّهُ مَا اللَّهِ مَا اللَّهُ اللَّهِ مَا اللَّهُ الللللَّهُ اللَّهُ الللَّهُ اللَّهُ اللّهُ الللللّهُ الللّهُ الللّهُ الللّهُ الللّهُ الللّهُ الللللّهُ اللّهُ اللّهُ ا

"You, the assembly of jinns & men! If you have the power to get away from the boundaries of the heavens & the earth (to escape from His punishment), then get away! You cannot get away except with Our authority. Then, O jinns & men, which of your Rabb's favors will both of you deny? The flames of fire & molten brass will be unleashed on you both, jinns & men & you will not be able to defend yourselves. Then, O jinns & men, which of your Rabb's favors will both of you deny?"

23

Surah Al Hashr: 21-24

سورة الحشر: ٢١ إلى ٢٤

لَوْ أَنْوَلْنَا هَنَا الْقُوْآنَ عَلَىٰ جَبَلٍ لَّرَأَيْتَهُ خَاشِعًا مُّتَصَبِّعًا مِّنْ خَشْيَةِ اللَّهِ ﴿ وَتِلْكَ الْأَمْثَالُ نَضْرِبُهَا لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ ﴿ ﴿ هُوَ اللَّهُ اللَّذِي لَا إِلَهَ إِلَّا هُوَ ﴿ عَالِمُ الْغَيْبِ وَالشَّهَادَةِ ﴾ هُو الرَّحْنُ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْبَلِكُ الْقُدُّوسُ السَّلَامُ الرَّحِيمُ ﴿ ﴿ ﴾ هُو اللَّهُ النَّذِينُ الْجَبَّالُ الْمُتَكَبِّرُ ﴿ سُبُحَانَ اللَّهِ عَمَّا الْمُؤْمِنُ الْمُهَيْمِنُ الْعَزِيرُ الْجَبَّالُ الْمُتَكَبِّرُ ﴿ سُبُحَانَ اللَّهِ عَمَّا لِيُشْرِكُونَ ﴿ ﴾ في اللَّهُ عَمَّا لَيْهُمْ كُونَ ﴿ ﴾ في اللَّهُ عَلَى اللَّهُ عَمَّا لَيْهُمْ كُونَ ﴿ ﴾ في اللَّهُ عَلَى اللَّهِ عَمَّا لِيهُ إِلَيْهُ الْمُتَكَبِرُ وَ اللَّهُ الْمُتَكَبِّرُ وَ اللَّهُ اللَّهُ عَمَّا لَيْهُمْ كُونَ ﴿ ﴾ في اللَّهُ عَلَى اللَّهِ عَمَّا لِيهُ اللَّهُ عَمَّا لَيْ اللَّهُ عَلَى اللَّهُ عَمَّا لَيْهُ الْمُؤْمِنُ الْمُتَكَبِرُ وَ ﴿ اللَّهُ اللَّهُ عَلَى اللَّهُ عَلَى اللَّهُ عَلَى الْمُتَكِيرُ وَ اللَّهُ اللَّهُ عَلَى اللَّهُ عَلَى اللَّهُ عَلَى اللَّهُ اللَّهُ عَلَى الْمُولِ اللَّهُ عَلَى الْمُؤْمِنَ اللَّهُ عَلَى اللَّهُ عَلَى الْمُؤْمِنَ الْمُؤْمِنَ الْمُؤْمِنَ الْمُؤْمِنَ الْمُعْلِمُ الْمُؤْمِنَ الْمُؤْمِنُ الْمُؤْمِنَ الْمُؤْمِنَ الْمُؤْمِنَ الْمُؤْمِنَ الْمُؤْمِنَ الْمُؤْمِنَ الْمُؤْمِنَا الْمُؤْمِنَ الْمُؤْمِنُ الْمُؤْمِنَ الْمُؤْمِنَ الْمُؤْمِنَ الْمُؤْمِنُ الْمُؤْمِنَ الْمُؤْمِنَ الْمُؤْمِنُ الْمُؤْمِنُ الْمُؤْمِنِ الْمُؤْمِنَ الْم

"If We had sent down this Qur'an on a mountain, you would have seen it humble itself & split asunder from the fear of Allah, We are citing this example for mankind, so that they may take heed. Allah is He, besides Whom there is no god, the Knower of the unseen & the seen. He is the Compassionate, the Merciful. Allah is He, besides Whom there is no god, the King, the Holy, the Giver of peace, the Granter of security, the Guardian, the Almighty, the Irresistible, the Supreme: Glory be to Allah! He is far above the shirk they commit (by associating other gods with Him)."

24

Surah Al Qalam: 51-52

سورةالقلم: ٥١ إلى ٥٢

وَإِن يَكَادُ الَّذِينَ كَفَرُوا لَيُزْلِقُونَكَ بِأَبْصَارِهِمُ لَبَّا سَمِعُوا الذِّكُرِ وَاللَّهِ كُرُ اللَّهُ اللَّهِ عُوا الذِّكُرُ وَيَقُولُونَ إِنَّهُ لَهَجُنُونُ ﴿ ١٠﴾ وَمَا هُوَ إِلَّا ذِكُرٌ لِّلْعَالَبِينَ ﴿ ١٠﴾

"The unbelievers would almost trip you up with their eyes when they hear Our revelations (The Qur'an) & say: "He (Muhammad) is surely crazy. This (The Qur'an) is nothing but a Reminder to all the people of the world."

25

Surah Al Jinn: 1-10

سورة الجن: ١ إلى ١٠

قُلُ أُوحِى إِلَى أَنَّهُ اسْتَبَعَ نَفَرٌ مِّنِ الْجِنِّ فَقَالُوا إِنَّا سَمِعْنَا قُرْآنًا عَبًا ﴿ عَبًا ﴿ عَبُولِى إِلَى الرُّشُولِ فَآمَنَّا بِهِ ﴿ وَلَن نَّشُرِكَ بِرَبِّنَا أَحَلَا ﴿ وَأَنَّهُ كَانَ يَقُولُ سَفِيهُنَا عَلَى اللَّهِ مَطَطًا ﴿ وَأَنَّا طَنَنَّا أَن لَّن تَقُولَ الْإِنسُ وَالْجِنُّ عَلَى اللَّهِ عَلَى اللَّهِ مَطَطًا ﴿ وَأَنَّا ظَنَنَّا أَن لَّن تَقُولَ الْإِنسُ وَالْجِنُّ عَلَى اللَّهِ كَانَ رِجَالٌ مِّنَ الْإِنسِ يَعُوذُونَ بِرِجَالٍ مِّنَ الْجِنِ كَنِبًا ﴿ وَأَنَّهُ كَانَ رِجَالٌ مِّنَ الْإِنسِ يَعُودُونَ بِرِجَالٍ مِّنَ الْجِنِ فَزَادُوهُمْ رَهَقًا ﴿ وَأَنَّا طَنَنَا السَّبَاء فَوَجَلُنَاهَا مُلِئَثُ حَرَسًا شَدِيلًا أَكُلُ اللّهُ وَأَنَّا لَنَهُ كُلُ مِنْهَا مَقَاعِلَ لِلسَّمْعِ ۚ فَمَن يَسْتَمِعِ الْآنَ يَجِلُ وَشُهُا مَقَاعِلَ لِلسَّمْعِ ۚ فَمَن يَسْتَمِعِ الْآنَ يَجِلُ وَشُهُا مَقَاعِلَ لِلسَّمْعِ ۚ فَمَن يَسْتَمِعِ الْآنَ يَجِلُ

# لَهُ شِهَابًا رَّصَدًا ﴿ ﴿ وَأَنَّا لَا نَدُرِى أَشَرٌّ أُرِيدَ مِمَن فِي الْأَرْضِ أَمْ أَرَادَ بهمُ رَبُّهُمْ رَشِّلًا ﴿ ا

"O Prophet say: "It has been revealed to me that a band of jinns listened to the Our'an, then returned to their folk & said: 'We have heard a wonderful Our'an which guides to the Right Way. We have believed in it & henceforth shall worship none besides Our Rabb. Surely our Rabb's Majesty is exalted: He has neither taken a wife nor a son. Some who are foolish among us have been uttering atrocious lies about Allah & we had presumed that no man or jinn could tell a lie concerning Allah. Indeed, some individuals among mankind used to seek protection with some individuals amona the jinns, so they caused such jinns to become more arrogant, as a result, they presumed as you presumed that Allah would not appoint anyone as a Rasool. We searched the heaven & found it filled with stern guards & shooting stars. Before this we used to find a seat in heaven for eavesdropping, but now eavesdroppers find shooting stars lying in ambush for them. We did not know whether an evil was intended for the dwellers of the earth or whether their Rabb intended to guide them."

26

Surah Al Kafiroon: 1-6

قُلْ يَا أَيُّهَا الْكَافِرُونَ ﴿ ﴾ لَا أَعْبُلُ مَا تَعْبُلُونَ ﴿ ﴾ وَلَا أَنتُمْ عَابِدُونَ مَا أَعْبُنُ ﴿ ﴾ وَلَا أَنَا عَابِنٌ مَّا عَبَىٰتُثُمُ ﴿ ﴾ وَلَا أَنتُمُ عَابِنُونَ مَا أَعْبُلُ ﴿ اللَّهُ لِينُكُمْ وَلِيَ دِينِ ﴿ اللَّهِ اللَّهُ اللَّهِ اللَّهِ اللَّهِ اللَّهِ اللَّهُ

"Say: O unbelievers! I worship not that you worship, nor will you worship that which I worship. I shall never worship those gods whom you worship, nor does it appear will you ever worship Allah, whom I worship, to you be your religion & to me mine."

Surah Al Ikhlas: 1-4

سورةالإخلاص: ١ إلى ٤

قُلْ هُوَ اللَّهُ أَحَدُّ ﴿ اللَّهُ الصَّهَدُ ﴿ اللَّهِ لَيْدُ يَلِدُ وَلَمْ يُولَدُ ﴿ اللَّهُ الصَّهَ

## يَكُن لَّهُ كُفُوًا أُحَنَّا ﴿ ﴾

"Say: He is Allah the One & Only; Allah is the Self-Sufficient (independent of all, while all are dependent on Him); He begets not, nor is He begotten; & there is none comparable to Him."

28

Surah Al Falag: 1-5

سورةالفلق: ١ إلى٥

قُلُ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿ مِن شَرِّ مَا خَلَقَ ﴿ ﴿ وَمِن شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿ ﴾ وَمِن شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿ ﴾ وَمِن شَرِّ حَاسِدٍ إِذَا حَسَدَ الله

"Say: I seek refuge with the Rabb of the dawn from the mischief of all that He has created; & from the mischief of darkness when it overspreads; from the mischief of those who blow on knots (black magic); & from the mischief of the envier when he envies."

29

Surah An Naas: 1-6

سورةالناس: ١ إلى٦

قُلُ أَعُوذُ بِرَبِّ النَّاسِ ﴿ مَلِكِ النَّاسِ ﴿ ﴿ إِلَهِ النَّاسِ ﴿ ﴿ هِمِن شَرِّ الْوَسْوَاسِ الْخَتَّاسِ ﴿ ﴾ الَّذِي يُوسُوسُ فِي صُدُورِ التَّاسِ ﴿ ﴾ مِنَ الْجِنَّةِ وَالنَّاسِ ﴿ ﴿

"Say: I seek refuge in the Rabb of the mankind, the King of mankind, the real God of mankind, from the mischief of the slinking whisperers (Shaitaan & his workers) who whisper into the hearts of people, whether he be from among the jinn or from the mankind."

#### Lesson no. 65 Black Magic (Sehar): -

#### The Reality of Magic & definition of magic: -

Please note treatment of Sehar (black magic) & Nazar (evil eye) is with Ruqyah.

- 1) Magic is a knot or spell (words) that affects the heart & body; it causes the heart or body to become sick, it can kill a person; it separates a man & his wife & destroys family ties.
- 2) It is an incantation, knot, spell & statement that are used in speeches. written or in actions that have can affect the body, heart or intellect of a person without having direct contact with that person. It is a reality that kills, causes sickness, or prevents relationships (sexual) between a man & his wife, causes separation between them, or between families, places anger between families or friends & causes a person to love those whom he hates in order to have a relationship & to be a source of spreading destruction.

Magic & its existence are confirmed by the Our'an & Sunnah & are accepted by the scholars. It is a reality & a truth & it affects a person only by Allah's will. There is a consensus among the scholars of Tafseer that Surah Al-Falag was revealed because of Habeeb Bin Asum who did magic on Nabi 🥾.

Magic is an art that requires skill & proficiency from the one who performs it. It is a type of knowledge that has a foundation, methodology & principles. However, learning it is not permissible & it is kufr (disbelief) because it cannot be learned or practiced without requesting the help of shaitaan, worshipping him & using forbidden & unlawful things. So it is kufr to learn or practice it.

#### **Hadees:**

1. Narrated by Abu Hurairah 🐟 that Nabi 🙈 said: 'Whoever ties a knot & blows on it, he has practiced magic; & whoever practices magic, he has committed Shirk; & whoever hangs up something (as an amulet) will be entrusted to it."

[An-Nasa'i: 4079; Book. 37; English vol. 5; Book. 37, Hadees. 4084]

2. Narrated by Abdullah Ibn Abbas ضى الله عنبيا, that Nabi 🍇 said: If anyone acquires any knowledge of astrology, he acquires a branch of magic of which he gets more as long as he continues to do so.

[Abu Dawud: 3905; Book. 30; English Book. 29; Hadees. 3896]

3. Narrated by Ibn Abbas رضى الله عنها that Nabi 🎄 said: "Whoever learns about the stars, he learns a branch of magic; the more he learns (of the former) the more he learns (of the latter)."

[Ibn Ma-jah: 3726; Book. 33; English vol. 5; Book. 33, Hadees. 3726]

- 4. Narrated by Abu Hurairah 🐗 that Nabi 🐉 said: Refrain from seven (characteristics) which cause destruction. He was asked: What are they, Rasoolullah &? He replied:
  - (الشِّ كُالله) To assign partner to Allah,
  - (السِّحُرُ) magic,
  - to kill a soul (man) which is prohibited by Allah except (قَتْلُ النَّفُس) for which is due.
  - (وَأَكُلُ الرِّبَا) to take usury,
  - to consume the property of an orphan, وَأَكُلُ مَالِ الْيَتِيمِ }
  - to retreat on the day of the battle, وَالتَّهُ لِّي بُوْمُ الزَّحْفِ) **P**
  - to slander chaste women, indiscreet but ﴿ وَقَنَّفُ الْمُحْصَنَاتِ الْغَافِلاَتِ الْمُؤْمِنَاتِ ) believing.

[Abu Dawud: 2874; Book. 18; English Book. 17; Hadees. 2868]

5. Ibn Umar رضي الله عنهيا narrated that, two men arrived during the time Nabi & & delivering an address. The people were amazed by their speech, so Nabi & turned to us & said: "Indeed there is magic in eloquence'-or- 'Indeed some eloquence is magic."

[Tirmizi: 2028; Book. 27, In English vol. 4; Book. 1, Hadees. 2028]

Imam Ibn Hajar (ra) said: "Magic is disbelief & learning it is kufr".

[Fath ul Bari 10/195]

Imam An-Nawawi (ra) said: "The knowledge of magic is forbidden & it is among the major sins".

[Fatawa Ibn Baz 2/384]

Nabi & included it among the major sins that destroy mankind & needs to be away from it. Ibn Qudaamah said: "Teaching & learning magic is forbidden & there is no difference on the issue by the scholars".

[Al-Mughnee 8/151]

#### The Punishment for Magicians: -

The punishment for magicians is beheading. Nabi & said that" The punishment for a magician is beheading".

[Healing with Medicine of Prophet & by: Imam Ibn Qayyim Al-Jauziyah]

6. Umar Ibn Khattab 🐗 in his letter ordered all magicians to be killed.

[Abu Dawud: 3043; Book. 20; English Book. 19; Hadees. 3037]

This proves the severity of magic. So it is compulsory on us to keep away from magic & anything that is connected to it.

#### <u>Treatment for Magic: -</u>

Please recite lesson no. 64 Quranic verses Ruqyah (Quranic Text) morning & evening daily for black magic, evil eye, mischief of jinn, psychological problems, cancers & other diseases or else.

#### Treatment has two divisions: -

#### First division: -

1. For prevention from magic before it occurs (Means to prevent ourselves from Black Magic & etc).

#### Second division: -

2. Treatment of Magic after it has occurred (Means affected with black magic).

#### Measures to take for first division (means for precaution & prevention): -

- a) Be mindful (Imaan) & perform all compulsory acts (Farz) & leave off all that is unlawful (gunah) & seek repentance form all evil deeds.
- b) Constantly recite the preventive Dua taught by Nabi & & act & recite glorious Qur'an in the way it becomes a daily routine.
- c) Seek protection with supplications (Dua), seeking refuge & remembrances that are legislated by Allah & Rasoolullah ...

#### Following are the supplications (Dua): -

7. Narrated by Usman Ibn Affan 🛦 that Nabi 🗸 said, If anyone recites this 3 times Morning & evening, sudden Afflictions will not occur: -

Translation: "In the name of Allah, with whose name nothing is harmed on the Earth nor in the Heavens & He is the All-hearing, All-Knowing".

[Ibn Ma-jah: 3869; Book. 34; English vol. 5; Book. 34, Hadees. 3869]

8. Narrated by Abu Hurairah 🐗 that Nabi 🗸 said: "Whoever recites Ha Mim Al-Mu'min - up to - To Him is the return (40:1-3) & Ayat Al-Kursi when he reaches (gets up in) the morning, he will be protected by them until the evening. & whoever recites them when he reaches the evening, he will be protected by them until the morning."

[Tirmizi: 3120; Book. 45, English vol. 5; Book. 42, Hadees. 2879]

9. Kharijah Bin Al-Salt quoted his parental uncle as saying that he passed (some person), He recited Surah Al-Faateha over him for three days morning & evening. Whenever he finished it, he collected some of his saliva & spat it out & he seemed as if he were set free from a bond. They gave him something as payment. He then came to Nabi & & said about it, & Nabi & said accept it, for by my life, some accept it, for a worthless charm, but you have done so far a genuine one.

[Abu Dawud: 3420; Book. 24; English Book. 23; Hadees. 3413]

10. Narrated by A'isha رضىالله عنها that whenever Nabi ﷺ went to bed would recite Al-Mu'awwadhatain (Surah Falag & Naas) than would blow into his hands, then wipe his hands over his body.

[Ibn Ma-jah: 3875; Book. 34; English vol. 5; Book. 34; Hadees. 3875]

11. Abdullah Bin Khubaib 🎄 reported that Nabi 🐉 said to me, "Recite Surah Al-Ikhlaas & Al- Mu'awwidhatain (Surah Al-Falag & Surah An-*Naas*) three times at dawn & dusk. It will suffice you in all respects."

[Riyad As-Salihin: 1456; Book. 16, English Book 16; Hadees. 49]

12. Narrated by Saad 🐞 that Nabi 🗸 said: "Whoever takes seven Ajwah dates in the morning will not be effected by magic or poison on that day."

[Bukhari: 5779; Book. 76; English vol. 7; Book. 71; Hadees. 671]

One must be mindful & recite the remembrances & supplications of the mornings & evenings, as well as the remembrances & supplications after every prayer, before sleep, upon waking, before traveling etc.

#### The Second Division: -

Treatment of Magic after it has occurred (Means black magic is done on anyone).

#### There are 2 types of treatment of it: -

#### A) (First Type) Extract & destroy the magic-

If the Magic is known, extracting & destroying it with permissible methods from the Qur'an & Sunnah, is the best & most suitable way of curing it.

#### B) (Second type) Ruqyah Ash-Shar'eeyah- it is of following: -

1) Grind seven green Lote (sidr) leaves, then pour water over it (enough to take a shower) & recite the following over it.

Lote leaves are sidr leaves, in Urdu & Hindi they are called as Ber. Refer اعوذبالله Lesson no. 12 Sidr. I seek refuge in Allah from Satan the accursed

Please recite QURANIC verses mentioned in lesson no. 64 of part-1 as a treatment for it.

#### Lesson no. 66 Nazar (evil eye): -

#### The Reality of the Evil Eye (Nazar): -

The reason for the evil eye is mostly because of envy. The reality of envy is the result of hatred & malice, which is the result of anger.

[Fath Al-Haq Al-Mubeen: 219]

The evil eye is like an arrow or spear that leaves the soul of the envier & goes to the person that is envied. It afflicts the person envied & sometimes it doesn't. When it doesn't afflict the person, it is because of the protective methods used (whether supplications, seeking refuge, etc). Also, when it doesn't afflict the person, the evil eye can return to the envier.

What is an important fact to know is that the evil eye has no effect except by Allah's will. A man can give himself the evil eye (Nazar) & he can also give it to others. It can afflict someone without even being seen by the envier. For example, a blind man cannot see a person, but he can still cast the evil eye, or perhaps if the person is not around & they are described to the envier without being seen by him, it can afflict that person. It can also be afflicted by one being amazed without being envious to him or others. The evil eye (Nazar) can be infected by anyone, even a loved one or a righteous person. So, it is incumbent on each & every one of us to take the necessary precautions & try to prevent being affected by the evil eye & to say the supplications & remembrance upon seeing something amazing & good.

[Fath Al-Haq Al-Mubeen: 198]

The evil eye is a terrible affliction that afflicts mankind; it is the most widespread affliction in the world. Most people of this nation (Muslims) will die due to it, after, what Allah has decreed.

And if we praise about Allah Ta'ala while seeing anything that makes us to amaze that thing than Inshaallah evil eye (nazar) do not afflicted. Praise Allah Ta'ala means to say <code>Mashaallah</code>, <code>Tabarakallah</code> or <code>Alhamdulillah</code> or etc with the intending that everything are created by Allah Ta'ala & it is Allah Ta'ala who has created beautiful things. By praising Allah Ta'ala devil (shaitaan) does not gets the chance to afflict the evil eye (nazar).

#### Evil mentioned in Quran: -

وَإِن يَكَادُ الَّذِينَ كَفَرُواْ لَيُزْلِقُونَكَ بِأَبْصَارِهِمْ لَهَّا سَمِعُواْ النِّي كُرَ

<u>Translation:</u> & verily, those who disbelieve would almost make you slip with their eyes (through hatred) when they bear the Reminder.

[Surah Qalam: 51]

Furthermore, Allah Says: -

<u>Translation:</u> I seek refuge with (Allah); the Lord of the daybreak, from the evil of what He Has Created & from the evil of the darkening (night) as it comes with its darkness; (or the moon as it sets or goes away) & from the evil of those who practice witchcraft when they blow in the knots & from the evil of the envier when he envies.

[Surah Falaq]

#### *Types of Evil eve (Nazar): -* The evil eve is from two sources:

- 1) The evil eye from mankind (human).
- 2) The evil eye from Jinn.

#### Hadees on evil eve (Nazar): -

1. Narrated by Abu Hurairah الله that Nabi الله said that the evil eye is real & Aisha رضى الله عنها narrates that Nabi ه said seek refuge with Allah, for the evil eye is real.

[Ibn Ma-jah: 3636, 3637; Book. 31; English vol. 4; Book. 31; Hadees. 3507, 3508]

2. Nabi & said: "Most of those who will die from My Nation (ummat) after what Allah has decreed will be from the evil eye (Nazar)".

[Fath al-hagg al Mubeen, As-Sahi: 747]

3. Hazrat Ibn Abbas رخیاله says that Nabi ه said: "The evil eye is true & if there is anything that would precedes pre-destiny, it would be the evil eye & when you are asked to take bath (as a cure) from the influence of an evil eye, you should take bath".

[Muslim: 2188; Book no. 39; English Book. 26; Hadees. 5427]

4. Narrated by Hazrat Abu Hurairah 🐗 says that Nabi 🕮 said: "The evil eye is true & He 🕮 prohibited tattooing".

[Bukhari: 5740; Book. 76; English vol. 7; Book. 71; Hadees. 636]

5. Hazrat A'isha رضي لله عبيا said: The person who touches others with the evil eye was commanded to perform ablution & the person whom he touched by the evil eye would wash himself with that water.

[Abu Dawud: 3880; Book. 29; English Book. 28; Hadees. 3871]

6. Hazrat A'isha بحي الله عنها say that Nabi 🎄 commanded me, or commanded somebody else to perform Rugyah (Islamic prayer formulas) for the evil eye.

[Bukhari: 5738; Book. 76; English vol. 7; Book. 71; Hadees. 634]

7. Hazrat Asma Bint Umays رضىالله عنها said: "O Nabi 🍇 the children of Jafar 🐇 are usually touched by the evil eye, should I perform Rugyah (Islamic prayer formula) for them"? He & said: "Yes. If there is anything that precedes predestiny, it would be the evil eye.

[Tirmizi: 2199; Book. 28; English vol. 4; Book. 2, Hadees. 2059]

8. Abu Umamah Bin Sahl Bin Hunaif narrated that Amir Bin Rabee'ah 🛎 once saw Sahl Bin Hunaif staking a bath & said, "By Allah! I have never observed the skin of a person that is softer than what I have just seen". Sahl 🐞 fell to the ground. Nabi & then came to Amir & in anger & said to him, "Why would one of you kill his own brother? Why have you not said Tabarakallah, (may Allah bless it)? Take a bath for it". Amir so then washed his face, hands, elbows, knees, feet & a part of his garment in a pot for what he had done & then poured the used water on Sahl ....

[Ibn Majah: 3638; Book. 31; English vol. 4; Book. 31, Hadees. 3509]

9. Narrated by Ibn Abbas رضى الله عنبيا that Nabi 🎄 said: If there is anything that precedes pre-destiny, it would be the evil eye. When one is touched by the evil eye, he should take a bath (or a wash) for it".

[Tirmizi: 2203; Book. 28; English vol. 4; Book. 2, Hadees. 2062]

10. Narrated by Jabir Bin Abdullah 🐗, "The Evil Eye can take a person into grave (can cause death), & takes the camel into the cooking pot (meaning death)".

[Healing with Medicine of Prophet & by: Imam Ibn Qayvim Al-Jauziyah]

11. Umme Salma رضى الله عنها said that Nabi 🕮 once saw a young girl, who had a certain expression (black spot) on her face & said, Seek Rugyah (Islamic prayer formula) for her, because she is touched by the evil eye.

[Bukhari: 5739; Book. 76; English vol. 7; Book. 71; Hadees. 635]

12. Hazrat Abu Saeed 🧆 narrated that Nabi 🗸 used to seek refuge from the Jinn & the evil eye of mankind; when Mu'awwidhatain (Surah Falaq & Surah Naas) were revealed, Nabi & recited them & stopped recited anything else.

[Ibn Majah: 3640; Book. 31; English vol. 4; Book. 31, Hadees. 3511]

13. Narrated by Hayyah Bin Habis Al Tamimi 🎄 that he heard his father saying that Nabi & said: There is nothing to Alham, & the evil eye is real.

[Tirmizi: 2202; Book. 28; English vol. 4; Book. 2, Hadees. 2061]

14. Hazrat Anas 🐞 narrated that the Nabi 🗸 Made it easy to do Ruqyah for fever, evil eye (Nazar) & Sores (Namlah).

> [Tirmizi: 2195; Book. 28; English vol. 4; Book. 2, Hadees. 2056] Many scholars mentioned scorpion bite in place of fever.

15. Hazrat Umme Salma رضى الله عنها says that Nabi 🎄 saw in our house a slave girl & on her face (sign of Nazar) was Assa-faa'ah (black spots). Upon which the Nabi & said, "Seek Rugyah for her, for verily she is afflicted with a look (evil eye)".

[Bukhari: 5739; Book. 76; English vol. 7; Book. 71; Hadees. 635]

The scholars have said "Assa-faa'ah" is the evil eye of jinn's.

16. Hazrat Ibn Abbas رضى الله عنبيا says that, "Nabi ﷺ used to seek refuge for Hasan & Husain 💩 & use to say: Your father (Ibrahim 🕮) used to seek refuge with Allah for Ismail & Ishaq with these words:

Translation: I seek refuge for the two of you in the Perfect Words of Allah, from every devil & every poisonous pest & from every harmful eye.

[Tirmizi: 2201; Book. 28; English vol. 4; Book. 2, Hadees. 2060]

17. Nabi & said: Why would anyone of you kill his brother? If he sees something that he likes, then let him pray for blessing for him.

[Ibn Majah: 3638; Book. 31; English vol. 4; Book. 31, Hadees. 3509]

(This Hadees is regarding evil eye of Sahl Bin Huniaf) (Means whenever we see a good thing we should praise Allah & give Dua of Barkat by this evil eye will get occur).

#### Lesson no. 67 Treatment of the Evil Eye (Nazar): -

Please note that treatment of Sehar (black magic) & Nazar (evil eye) is Ruqyah. There are categories of treatment for those afflicted with the evil eye.

#### Rules & principles of Quranic treatment: -

1. Hazrat Raza Al-Ghanvi says that get Shifa from those, in which Allah's praise are present like (Quranic verses) *Alhamdulillah* (Surah Faateha) or Kul ho wal-allah ho A-had (Surah Ikhlaas) (or other) & those who does not get Shifa (cure) with Quran then understand there is no Shifa in your destiny.

[Jaa-me Sa-gheer: 977 & Fath Al-kabir: 1740]

2. Hazrat Abu Hurairah says that Rasoolullah guided to get Shifa (cure) from Quran & if anyone does not get Shifa (cure) with Quran, then understand there is no Shifa in your destiny.

[Jaa-me Sa-gheer: 977]

In regards with above both Hadees we should understand that we are guided to get Shifa from Quran & Names of Allah, or Dua in which there are praise about Allah & also should follow all guidance of Nabi \$\mathscr{a}\$, & if anyone did not got Shifa in spite of Quranic treatment than understand that cure is not in your destiny.

#### A research report on uses of Allah's Names & Ouranic verses: -

The scientist Masaru Emoto & his team of Japan found out that, the Muslims recites *BISMILLAH* before eating/drinking. He says that after saying *BISMILLAH* on regular water, there are some strange changes happened in the quality of regular water. That make it best water.

Masaru Emoto said: "My Muslim colleague offered to recite Quranic verses over the water. He brought a tape-recorder & played some Quranic verses & we got the most perfectly-shaped crystals. Then he played the 99 names of Allah. Each name produced a uniquely-shaped crystal.

He also found out that if someone recites the Quran on regular water, it gets the ability for the treatment of different diseases.

Refer lesson no. 37 in part-1 Zamzam (science & Hadees column).

#### The first category: Treatments before the evil eye occurs: There are of many types as follows: -

Protect yourself & those whom you fear for from getting affected with evil eye, with remembrances, supplications (Dua) & seeking refuge that is in accordance with the Qur'an & Sunnah, as is mentioned in the first category for the treatment of black magic (saher) refer the lesson no. 65.

Supplicate (Dua) for whom you fear might be afflicted with it (if you see something within yourself, your wealth, your son, your brother or anything that amazes you) with blessing (say *Mashaallah*, *Tabarakallah* or give Dua of Barkat) as follows: -

#### Give Dua of Barkat & praise Allah when you see anything amazing: -

1. Nabi 🖓 said:" Why would anyone of you kill his brother? If he sees something that he likes, then let him pray for blessing for him.

[Ibn Majah: 3638; Book. 31; English vol. 4; Book. 31, Hadees. 3509]

(This Hadees is regarding evil eye of Sahl Bin Huniaf) (Means whenever we see a good thing we should praise Allah & give Dua of Barkat by this evil eye will get cured).

Guard anything or anyone that is attractive & may be a recipient of the evil eye. This means:

When a person has a beautiful family he should guard them by seeking protection from Allah for them, teaching & commanding them to do so & also by dressing them properly not to expose their bodies or beauty so as not to be envied & affected by the evil eye.

Hazrat Ibn Abbas رض says that, "Nabi 🕮 used to seek refuge for Hasan & Husain & & use to say, 'Your father [meaning Ibrahim & ], used to seek refuge with Allah for Ismail & Ishaq with these words:

# أُعِينُ كُمَا بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ وَمِنْ كُلِّ عَيْنِ لاَمَّةٍ

<u>Translation:</u> (I seek refuge for the two of you in the Perfect Words of Allah, from every devil & every poisonous pest & from every harmful eye).

[Tirmizi: 2201; Book. 28; English vol. 4; Book. 2, Hadees. 2060]

If someone has wealth, he should guard it by asking Allah to bless & protect it & being thankful to Allah. If someone has good news & he knows people will envy him because of it, he should guard it by keeping it secret.

**NOTE:** If you know a person is famous for being envious & is known to affect people with the evil eye, it is important to keep away from him. (Go for the Second Category: Treatments after the affliction of the evil eye).

3. Hazrat A'isha رحى الله عنها said: The person who touches others with the evil eye was commanded to perform ablution & the person whom he touched by the evil eye would wash himself with that water.

[Abu Dawud: 3880; Book. 29; Eng. 28; Hadees. 3871]

- 4. Hazrat A'isha رضى الله عنه say that Nabi هه commanded me, or commanded somebody else to do Ruqyah (Islamic prayer formulas) for the evil eye. [Bukhari: 5738; Book. 76; English vol. 7; Book. 71; Hadees. 634]
- 5. In Hadees, it is mentioned that the person whose evil eye (Nazar) have affected anyone, make the person, to wash his face, hands, elbow, knees, feet & dip a part of cloth of him (whose evil eye has affected the other person) & the water should fall in the bucket & not outside than make the patient take bath with the water or pour on the body.

[Ibn Majah: 3638; Book. 31; English vol. 4; Book. 31, Hadees. 3509]

6. However in Hadees of Hazrat A'isha رخىالله عنها from Abu Dawud, which I have given below in it is said the evil eyed person whose evil eye affects other, should perform Wazoo.

[Abu Dawud: 3880; Book. 29; English Book. 28; Hadees. 3871]

And remember, the Wazoo water should fall & should be collected in a bucket & with that collected water the patient should bath or pour on his bodv.

#### Please read the below Hadees proper

7. Abu Umamah Bin Sahl Bin Hunaif said that Amir Bin Rabee'ah 🐗 once saw Sahl Bin Hunaif 🐇 taking bath & said: "By Allah! I have never observed the skin of a person that is softer than what I have just seen". Sahl 🎄 fell to the ground. Nabi 🎄 then came to Amir 📥 & in anger & said to him: "Why would one of you kill his own brother? Why have you not said *Tabarakallah*, (may Allah bless it)? & Amir 🐇 was asked to wash his face, hands, elbows, knees, feet & a part of his garment in a pot for what he had done & then poured the used water on Sahl 🚓.

[Ibn Majah: 3638; Book. 31; English vol. 4; Book. 31, Hadees. 3509]

**Zuhri** (ra) said: The person who touches others with the evil eye should be commended to submerge his hand in a pot of water & then wash his mouth, then spit the water back into the pot. He should then wash his face in the pot, then submerges his left hand in it & pour some water on the right knee above the pot & then submerge his right hand & pour water on his left knee. He should then wash his garment inside the pot & the water should not be spilled on the ground. Rather, it should be poured on top of the person whom he touched by the evil eye from behind all at once.

[Healing with Medicine of Prophet & by: Imam Ibn Qayyim Al-Jauziyah]

#### Recite as much as possible: -

[Healing with Medicine of Prophet & by: Imam Ibn Qayyim Al-Jauziyah]

Recite Quranic Ruqyah text given in lesson no 64 full morning & evening for treatment or prevention from evil eye (nazar) sehar (black magic), cancers, psychological disorders & other diseases.

Recite the above verses, along with all the authentic supplications that have been mentioned previously. Then blow in the right hand & wipe over the place of pain, as has been stated in the second type of treatment for magic.

Recite over water & blow into it. It is better if the recitation is done over ZamZam or rain water. Then, the sick person should drink from it & pour the remaining over him, or recite over olive oil & anoint his entire body with it.

The Third Category: implementing the necessary steps that keep away the evil eye from the envier's.

#### They are as follows: -

- 1) Seek refuge in Allah form all evil.
- 2) Fear Allah & implement all of his commands & keep away from all that He prohibited.

Ibn Abbas رضىلله عنبيا narrated that Nabi ﷺ said: "Be mindful of Allah & He will protect you".

[Tirmizi: 2706; Book. 37, English vol. 4; Book. 11, Hadees. 2516] Advise your patient to forgive the envier, pardon him, do not fight with him or complain about him & do not possess any evil inner feelings to harm him. Have complete trust in Allah for whoever places his trust in Allah, Allah will be enough for him. Have no fear of the envier & do not keep pondering or thinking about him, this is a very beneficial treatment. Turn to Allah in sincerity & seek His pleasure in all things. Seek repentance from all sins because they humiliate mankind.

Allah says: & whatever calamities befall you, it is because of what your own hands have earned & He pardons much. [Surah Shu'araa: 30] Give optional charity & do as much good as possible. Because verily that has a great & amazing effect in combating evil form the envier. Keep away from the fire of the envier, the oppressor & those who afflict others, by being good to them. For every moment they increase in evil, oppression & envy, you increase in being good to them. Give them advice, be merciful & pardon them. This cannot be achieved easily except for one who has a great fortune from Allah.

Have complete sincerity & belief in the unity of Allah, The Wise & The Judge. He is harmed by nothing & nothing benefits Him. Glory is to Him & He is above all things. [Ibn Qayyim 2/238-245]

(Refer lesson no. 62 Dua of Nabi 🐉 use as Ruqyah (For evil eye & Black magic).

Treatment of Nazar according to Hisnul Hasin: -

#### When Afflicted with evil eye (Nazar): -

This Dua of Nabi & should be recited: -

<u>Translation:</u> In the name of Allah, oh! Allah remove it's (the Nazar) heat, its cold & its pain.

#### When Afflicted by Jinn & Evil Spirits: -

The afflicted person should be made to sit down & the following verses of the Ouran should be recited in front of him & blown on him: -

of the Quran should be recited in front of filling blown on filling -	
Surah Al-Faateha: 1 to 7	سورةالفأتحة: ١ إلى٧
﴿ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿ الرَّحْمَٰنِ ٱلرَّحِيمِ ﴿ مَالِكِ يَوْمِ الرِّينِ ﴿ إِيَّاكَ	
نَعُبُلُ وَإِيَّاكَ نَسْتَعِينُ ﴿ اهْدِنَا الصِّرَاطَ الْهُسْتَقِيمَ ﴿ صِرَاطَ الَّذِينَ أَنْعَهُتَ	
عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ﴿﴾	

Surah Al-Bagarah: 163 سورةالبقرة: ١٦٣ وَإِلَّهُكُمْ إِلَهٌ وَاحِدٌ ۗ لَّا إِلَهَ إِلَّا هُوَ الرَّحْمَٰنُ الرَّحِيمُ ﴿ ﴿ وَالَّهُ مُوالَّا Surah Al-Bagarah: 255 اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَتُّى الْقَيُّومُ ۚ لَا تَأْخُنُكُ سِنَةٌ وَلَا نَوُمُ ۚ لَّهُ مَا فِي السَّهَاوَاتِ وَمَا فِي الْأَرْضِ ة مَن ذَا الَّذِي يَشُفَعُ عِندَهُ بَإِذْنِهِ ۚ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمُ وَمَا خَلْفَهُمُ ۖ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنُ عِلْبِهِ إِلَّا بِمَا شَاءَ ۚ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ ۗ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ ﴿ وَهُو الْعَلِي الْعَظِيمُ ﴿ وَهُو 5 Surah Al-Baqarah: 284-286 سورةالبقرة: ٢٨٦إلى٢٨٦ لِّلَّهِ مَا فِي السَّهَاوَاتِ وَمَا فِي الْأَرْضِ ة وَإِن تُبْدُوا مَا فِي أَنفُسِكُمْ أُو تُخْفُوهُ يُحَاسِبُكُم بِهِ اللَّهُ ﴾ فَيَغْفِرُ لِهَن يَشَاءُ وَيُعَذِّبُ مَن يَشَاءُ وَ وَاللَّهُ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ ﴿ ﴿ الْمَن الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِن وَالْمُؤْمِنُونَ ۚ كُلُّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ أَكِدِ مِّن رُّسُلِهِ ۚ وَقَالُوا سَمِعْنَا وَأَطَعْنَا ۗ غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْهَصِيرُ ﴿ ١٨٠ ﴾ لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا ۚ لَهَا مَا كَسَبَتُ وَعَلَيْهَا

مَا اكْتَسَبَتْ < رَبَّنَا لَا تُؤَاخِنُنَا إِن نَّسِينَا أَوْ أَخْطَأْنَا ﴿ رَبَّنَا وَلَا تَحْ

عَلَيْنَا إِصِّرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِن قَبْلِنَا ۚ رَبَّنَا وَلَا تُحَبِّلُنَا مَا لَا طَاقَةَ لَنَا بِهِ ﴿ وَاعْفُ عَنَّا وَاغْفِرُ لَنَا وَارْحَمُنَا ۚ أَنتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿ مَهِ ﴾ الْقَوْمِ الْكَافِرِينَ ﴿ مَهِ ﴾

6

#### Surah Aal-Imran: 18

سورة آل عمران: ١٨

شَهِنَ اللَّهُ أَنَّهُ لَا إِلَهَ إِلَّا هُوَ وَالْمَلَائِكَةُ وَأُولُو الْعِلْمِ قَائِمًا بِالْقِسُطِ ۚ لَا إِلَهَ إِلَّا هُوَ الْعَزِيزُ الْحَكِيمُ ﴿ ﴿

(7)

#### Surah Al-Aaraf: 54

سورة الأعراف: ٤٥

8

**Surah Al Muminoon: 116-118** 

سورةالمؤمنون: ١١٨ إلى١١٨

 9

#### Surah Al Saffaat: 1-11

#### سورةالصّفت: ١ إلى ١ ١

10

#### Surah Al Hashr: 22-24

#### سورة الحشر: ٢٢ إلى ٢٤

11

# سورةالجن: ٣إلى؛ 3-4 Surah Al Jinn: 3-4 وَأَنَّهُ تَعَالَىٰ جَدُّ رَبِّنَا مَا اتَّخَلَ صَاحِبَةً وَلَا وَلَدًا ﴿ ﴿ وَأَنَّهُ كَانَ يَقُولُ سَفِيهُنَا عَلَى اللَّهِ شَطَطًا ﴿ ﴾ سَفِيهُنَا عَلَى اللَّهِ شَطَطًا ﴿ ﴾

12

Surah Al Ikhlas: 1-4

سورة الإخلاص: ١ إلى ٤

قُلُ هُوَ اللَّهُ أَحَنُ ﴿ اللَّهُ الصَّبَلُ ﴿ لَهُ يَلِلُ وَلَمْ يُولَلُ ﴿ وَلَمُ لَوَلَهُ عَلَى اللَّهُ الصَّبَلُ ﴿ لَهُ كَفُوا أَحَنُ ﴿ }

13

Surah Al Falaq: 1-5

سورةالفلق: ١ إلى٥

قُلُ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿ مِن شَرِّ مَا خَلَقَ ﴿ وَمِن شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿ وَمِن شَرِّ عَاسِلٍ إِذَا وَقَبَ ﴿ وَمِن شَرِّ حَاسِلٍ إِذَا حَسَلَ ﴿ وَمِن شَرِّ حَاسِلٍ إِذَا عَسَلَ ﴿ وَمِن شَرِّ حَاسِلٍ إِذَا عَسَلَ ﴿ وَمِن شَرِّ عَاسِلٍ إِذَا عَسَلَ اللَّهِ اللَّهُ عَلَيْ اللَّهُ عَلَى اللَّهُ عَلَيْ اللَّهُ عَلَيْ اللَّهُ عَلَيْ اللَّهُ عَلَيْ اللَّهُ وَمِن شَرِّ عَاسِلٍ إِذَا عَالَ اللَّهُ عَلَيْ اللَّهُ اللَّهُ عَلَيْ عَلَيْ عَلَيْ اللَّهُ عَلَيْ اللَّهُ عَلَيْ عَلَيْ عَلَيْ اللَّهُ عَلَيْ عَلَى عَلَيْ عَلَيْ عَلَيْ عَلَى عَلَيْ عَلَيْكُ عَلَى عَلَيْ عَلَيْكُ عَلَى عَلَى عَلَيْكُولُ عَلَى عَلَيْكُ عَلَى عَلَيْكُولُ عَلَى عَلَيْكُ عَلَى عَلَى عَلَيْكُولُ عَلَيْكُ عَلَى عَلَى عَلَيْكُولُ عَلَى عَلَيْكُ عَلَى عَلَيْكُولُ عَلْمُ عَلَيْكُ عَلَى عَلَيْكُمْ عَلَى عَلَيْكُولُ عَلَيْكُ عَلْعَلْعِ عَلَيْكُمُ عَلَى عَلْمُ عَلَى عَلَيْكُ عَلَى عَلَى عَلَى عَلَى عَ

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Surah An Naas: 1-6

سورةالناس: ١ إلى٦

قُلُ أَعُوذُ بِرَبِ النَّاسِ ﴿ مَلِكِ النَّاسِ ﴿ إِلَكِ النَّاسِ ﴿ مِنَ الْجِنَّةِ الْوَسُوَاسِ الْخَتَّاسِ ﴿ النَّاسِ ﴿ مِنَ الْجِنَّةِ الْوَسُوَاسِ الْخَتَّاسِ ﴿ الَّذِي يُوَسُوسُ فِي صُلُورِ النَّاسِ ﴿ مِنَ الْجِنَّةِ وَالنَّاسِ ﴿ اللَّاسِ ﴿ اللَّاسِ ﴿ اللَّاسِ ﴿ اللَّهُ اللَّا اللَّهُ الللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّا اللَّهُ اللَّهُ اللللَّا اللَّهُ الللللَّا اللَّهُ اللللللَّ اللَّا اللللَّالِمُ ال

[Hisnul Hasin (English by Muhammed Rafia]]

#### Lesson no. 68 Sleeping Habits of Nabi &:

#### Do not leave the fire lamp lighted On while sleep: -

1. Narrated by Saalem 🚓, from his father that Nabi 🗸 said: "Do not leave fire (lamps lighted) in your houses when you go to sleep".

[Ibn Majah: 3769; Book. 33; English vol. 5; Book. 33, Hadees: 3769]

2. Narrated by Abu Musa 🕸 that Nabi 🕸 said: "Fire is enemy to you when you go to sleep, extinguish it".

[Ibn Majah: 3770; Book. 33; English vol. 5; Book. 33, Hadees. 3770]

#### Disliked talking after & sleeping before Isha Salah: -

3. Narrated by Abu Barza 🐗 that Nabi 🕮 disliked sleeping before Isha salah & to talk after it.

[Bukhari: 568; Book. 9; English vol. 1; Book. 10; Hadees. 543]

#### Sleep early & offer Tahajjud: -

4. Narrated by Al-Aswad that A'isha رضيالله عنه replied to his question, that Nabi ه used to sleep in the early part of the night & would woke up (in the beginning) at the latter part & used to pray (Tahajjud) & then return to his bed till Mu'azzin called Azaan, He use to get for Fajar Salah.

[Bukhari: 1146; Book. 19; English vol. 2; Book. 21; Hadees. 247]

#### While Sleeping: -

5. Narrated by Jabir that: "I heard Nabi say, 'You should use antimony (surma/kohl) when you go to sleep, for it improves the eyesight & makes the hair (eyelashes) grow'.

[Ibn Majah: 3625; Book no. 31; In English vol. 4; Book. 31; Hadees. 3496]

6. Nabi & taught us to wash hands before going to sleep & said do not go to sleep with bad smell on hands, if something happens blame yourself only (if bad smell is present on hands).

[Ibn Majah: 3421 & 3422; Book. 29; English vol. 4; Book 29; Hadees. 3296 & 3297]

#### <u>Recitation before sleep: -</u>

7. Narrated by Irbad Bin Saariyah & that Nabi & would recite the Musabbihat (Chapters 17, 57, 59, 61-64 & 87) before sleep & say

"Indeed there is an Ayah (verses) in them that is better than one thousand Ayat (verses).

[Tirmizi: 3171; Book. 45, English vol. 5; Book. 42, Hadees. 2921]

Translation: (With Your name, O Allah, I die & I live)."

And when He & woke up from His sleep, He & would say:

<u>Translation:</u> (All the Praises are for Allah Who has made us alive after He made us die (sleep) & unto Him is the Resurrection).

[Bukhari: 6324; Book. 80; English vol. 8; Book. 75; Hadees. 336]

9. Narrated by Hafsah رض الله عبيا that when Nabi هه wanted to go to sleep, He هه use to put His Right Hand under His Cheek & would then say three times: اللَّهُمَّ قِنْي عَلَالِكَ يَوْمَ تَبُعَثُ عِبَاكَكَ

**Translation:** (O Allah, guard me from Thy punishment on the day when Thou raises up Thy servants).

[Abu Dawud: 5045; Book. 43; English Book. 42; Hadees. 5027]

10. Hazrat Bara' Bin Aazib 🐗 says that Nabi 🕮 used to lay his head upon his right hand at the time of sleeping, & recited:

<u>Translation:</u> My Lord, safeguard me from Your punishment the Day You resurrect Your slaves.

[Tirmizi: 3399; Book. 48; English vol. 45; Book. 6, Hadees. 3399]

11. Narrated by Bara Bin Aazib 🕸 that Nabi 🐉 said: "O so-and-so, whenever you go to your bed (for sleeping) recite: -

اللَّهُمَّ أَسُلَمْتُ نَفْسِي إِلَيْكَ، وَوَجَّهْتُ وَجْهِي إِلَيْكَ وَفَوَّضْتُ أَمْرِي إِلَيْكَ، وَأَلْجَأْتُ ظَهْرِي إِلَيْكَ، رَغْبَةً وَرَهْبَةً إِلَيْكَ، لاَ مَلْجَأُ وَلاَ مَنْجَا مِنْكَ إِلاَّ إِلَيْكَ، آمَنْتُ بِكِتَابِكَ الَّذِي أَنْزَلْتَ، وَبِنَبِيِّكَ الَّذِي أَرْسَلْتَ. فَإِنَّكَ إِنْ مُتَّ فِي لَيْلَتِكَ مُتَّ عَلَى الْفِطْرَةِ، وَإِنْ أَصْبَحْتَ أَصَنْتَ أَحُوًّا "

**Translation:** "O Allah, I surrender myself to You, turn my face towards You, entrust all my affairs to You & depend upon You for Your Blessings, both with hope (in You) & fear of You. There is no fleeing from You & there is no place of protection & safety except with You, O Allah, I believe in Your Book (the Quran) which You Have Revealed & in Your Prophet ( ) whom You Have Sent.

Make these words the last of your speech, because if you die on that very night, you will die on the Faith (i.e. on the religion of Islam)".

[Bukhari: 7488; Book. 97; English vol. 9; Book. 93; Hadees. 580]

12. Narrated by A'isha رضىالله عنيا that when Nabi 🕮 use to go to bed, He 🕮 used to recite Surah Ikhlaas, Falaq & Naas & blew on palms & passed them over His face & those parts of body to which His hands reached & if fell ill His & use to order me to do the same for Him.

[Bukhari: 5748; Book. 76; English vol. 7; Book. 71; Hadees. 644]

#### During sleep knots of devil (shaitaan): -

13. Abu Hurairah 🐗 transmitted it from Nabi 🕮 that when any one of you goes to sleep, the devil ties three knots at the back of his neck, sealing every knot with:" You have a long night, so sleep." So if one awakes & mentions Allah, a knot will be loosened; if he performs ablution two knots are loosened; & if he prays (all) knots will be loosened & in the morning he will be active & in good spirits; otherwise we will be in bad spirits & sluggish in the morning.

[Muslim: 776; Book. 6; English Book. 4; Hadees. 1702]

Sleeping on the stomach is the worst way to sleep: -

14. Abu Umamah says that Nabi spassed by a sleeping man in the Masjid who was lying on his face (stomach) & He touched him with His foot, saying: "Sit up, for this is a hellish kind of sleep (Jahannamiah).

[Ibn Majah: 3725; Book. 33; English vol. 5; Book. 33, Hadees. 3725]

15. Narrated by Qais Bin Tikhfah Al-Ghifari that his father said, Nabi found me sleeping in the masjid on my stomach. He nudged me with his foot & said: 'Why are you sleeping like this? This is a kind of sleep that Allah dislikes,' or 'that Allah hates.

[Ibn Ma-jah: 3723; Book. 33; English vol. 5; Book. 33, Hadees. 3723]

#### About a sleeping person: -

16. Narrated by Abdullah Ibn Abbas رضى الله عنها that Nabi ﷺ said: Do not pray behind a sleeping or a talking person.

[Abu Dawud: 694; Book. 2; English Book. 2; Hadees. 694]

#### Excessive sleep: -

17. Narrated by Jabir Bin Abdullah & that Nabi & said: "The mother of Sulaiman Bin Dawud said to Sulaiman: "O my son, do not sleep too much at night, for sleeping too much at night will leave a man poor on the Day of Resurrection."

[Ibn Majah: 1393; Book. 5; English vol. 1; Book 5, Hadees. 1332]

#### If you feel a lot of sleepy: -

18. Abu Hurairah se reported that Nabi se said: "When anyone of you stands up for Salah at night & finds it difficult to recite the Qur'an accurately & he is unaware of what he is reciting, he should go back to sleep."

[Riyad As-Salihin: 1186; Book. 9; English Book. 9; Hadees. 196]

19. Narrated by Saad Bin Jubair, from Al-Aswad Bin Yazid , that A'isha رحى has says that Nabi said: 'Whoever has the habit of praying at night but he sleeps & misses it that is a charity that Allah has given to him & the reward of his prayer will be recorded for him."

[An-Nasa'i: 1785; Book. 20; English vol. 2; Book. 20, Hadees. 1786]

#### Wake up from sleep: -

20. Huzaifa 🎄 reported, that Nabi 🐉 whenever got up (from sleep), He 🐉 would rub His teeth with Miswaak (tooth-stick).

[Riyad As-Salihin: 1197; Book. 9; English Book. 9; Hadees. 207]

21. Narrated by Saalem from his father shot Nabi said: "When anyone of you wakes up from sleep, he should not put his hand into the vessel until he has washed it."

[Ibn Majah: 426; Book. 1; English vol. 1; Book. 1, Hadees. 394]

22. Nabi & use to pray the two (voluntary Sunnah) Rakat of Fajar (Dawn) & use to lay on His right side" (Means between 2 Sunnah of Fajar & 2 farz of Fajar) & would pray eleven Rakat at night, making them off with one. When He & finished them He & would lay down on His Right side".

[Tirmizi: 420, 440; Book. 2, English vol. 1; Book. 2, Hadees. 420, 440]

#### Separate the beds of 10 years children: -

23. Narrated by Abdullah Ibn Amr Ibn Al-'Aas 🐞 that Nabi 🗯 said: Command your children to pray when they become seven years old & beat them for it (prayer) when they become ten years old; & arrange their beds (to sleep) separately.

[Abu Dawud: 495; Book. 2; English Book. 2; Hadees. 495]

#### Sitting or sleeping in half shade & half sun light: -

24. Narrated by Ibn Buraidah 🐗 from his father that Nabi 🕮 disallowed sitting between the shade & the sun"

[Ibn Majah: 3722; Book. 33; English vol. 5; Book. 33, Hadees. 3722]

(This Hadees indicates that it is not allowed to lay or sit while partially in the shade & partially under the sun).

#### It is Sunnah to dust off the bed before sleeping: -

25. Narrated by Abu Hurairah 🕸 that Nabi 🕸 said: "When anyone go to bed, should shake out the bed with the inside of the waist sheet, for you does not know what has come on to it after & then should recite:

## بِاسْمِكَ رَبِّ وَضَعْتُ جَنْبِي، وَبِكَ أَرْفَعُهُ. إِنْ أَمْسَكْتَ نَفْسِي فَارْحَمْهَا، وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا بِمَا تَحْفَظْ بِهِ عِبَادَكَ الصَّالِحِينَ

Translation: (In Your name, my Lord, I lie down & in Your name I rise. If you should take my soul then have mercy on it & if You should return my soul then protect it as You protect Your righteous slaves)."

[Bukhari: 6320; Book. 80; English vol. 8; Book. 75; Hadees. 332]

#### <u>Evening Nap (siesta) (kailula): -</u>

26. Sahl Bin Saad an arrated that "We would not have lunch during the time of Nabi & nor would we have a siesta (Kailula) (evening Nap), until after the Friday prayer."

[Tirmizi: 525; Book. 4, English vol. 1; Book. 4; Hadees. 525]

#### Mattress of Nabi 🕸: -

27. Narrated by A'isha رضى الله عنها that the bed mattress of Nabi 🎄 was made of a leather case stuffed with palm fibres.

[Bukhari: 6456; Book. 81; English vol. 8; Book. 76; Hadees. 463]

#### Recite the following: -

28. Narrated by Abu Hurairah 🐟 that Nabi 🕸 said: "Whoever recites Ha Mim Al-Mu'min - up to - To Him is the return (chapter 40 verses 1-3) & Ayat Al-Kursi when he reaches the morning, he will be protected by them until the evening. & whoever recites them when he reaches the evening, he will be protected by them until the morning."

[Tirmizi: 3120; Book. 45, English vol. 5; Book. 42, Hadees: 2879]

#### Science & Hadees:

#### Benefits of Sleeping According to Sunnah in the Light of Medical Science: -

Today science tells us the best sleeping position, medical science tells us that it's healthy to sleep on your back or on your right side which we (Muslims) were told more than 1400 years ago by our beloved Prophet Muhammad :



Sleeping on the right side does not let the weight of stomach & intestine to suppress heart, hence blood circulation is not affected. By sleeping on the right side, heart remains on the topside, one will not have a deep sleep. A little noise can prepare someone to face any contingency. It also develops the habit of early morning rise.

Sitting & rubbing the eyes for a while after awaking adjusts the heartbeat according to the new posture, hence it has positive impact on the heart.

Napping after lunch helps to prevent burden on coronary artery. According to cardiologists, having a nap after lunch produces positive effects on heart.

#### Imam Shaafa'ee states that there are 4 types of sleep: -

To lie on the back-this is the sleep of the Prophet &s's. To sleep on the right side-this is the sleep of the Worshippers. To sleep on the left side-this is the sleep of the rulers. To sleep on the stomach-this is the sleep of the devil.

#### <u>Mattress of Nabi 🐉: -</u>

Narrated by A'isha رخىالله عنها that the bed mattress of Nabi ﷺ was made of a leather case stuffed with palm fibres.

[Bukhari: 6456; Book. 81; English vol. 8; Book. 76; Hadees. 463]

#### Benefits of Avoiding Soft Bed in the Light of Medical Science: -

Backache is often caused by regular use of soft bed as the muscles of back are loosened. The pain gets aggravated on continuous use. Extremely soft & comfortable bed can lead to the inflammation of ureters; hence kidney diseases can be prevented by not using soft bed. The use of soft bed can reduce the gap between the vertebrae. The

experts don't recommend it. Infants using soft bed can suffer from deformity of bones, which may lead to disability.

### Sleeping on the floor: -

Doctor Nixon says, "When a healthy person sleeps his muscles become relaxed. A comfortable bed is bad for the spinal cord & in my eyes I have met such patients that have been affected with a bad back. Children's bones are weak & if they sleep on soft beds it affects their bones & this will affect them throughout their lives. Soft beds results in back pain as the muscles & back become slack & if soft beds are used regularly then this becomes a regular accordance."

### It is Sunnah to dust off the bed before sleeping: -

Narrated by Abu Hurairah & that Nabi & said. "When anyone of you go to bed, should shake out the bed with the inside of the waist sheet, for you does not know what has come on to it after & then should recite:

Translation: (In Your name, my Lord, I lie down & in Your name I rise. If you should take my soul then have mercy on it & if You should return my soul then protect it as You protect Your righteous slaves)."

[Bukhari: 6320; Book. 80; English vol. 8; Book. 75; Hadees. 332]

# Dusting the bed: -

No religion mentions the practice of cleaning the bed before sleeping. Once a person did not wash his hands before sleeping, being cold that day, a snake rested in the bed & bit the person killing him. One may ask there are no snakes that roam around freely, however bedbugs that live in the bed may harm you. SUNNAH; Look at the method taught by the Holy Prophet & more than 1400 years ago. It is Sunnah to dust the bed 3 times before sleeping on it. Ensuring that there are no bedbugs or of the sort resting in the bed! SubhanAllah!

It's forbidden & not recommended to sleep on Stomach: -

In the present day science tells us that it's best to sleep on the right side or back & not lying on the left side & stomach. Our beloved Prophet Muhammad & was aware of these principles.

### Prophet # slept for a part of the night: -

Modern Studies have shown that this may be the best advice for many people: -

SLEEP STUDIES for 6 years of more than a million Americans showed that a good night's sleep is 7 hours. It also showed that people who sleep for 8 hours or more tend to die prematurely. Study leader, Daniel F. Kripke, says, "You really don't have to sleep for 8 hours & you don't have to worry about it. It is evidently very safe to sleep only 7, 6 or even 5 hours a night."

STATISTICS...In the study the death risk for people with excess sleep was 34% compared to only 12% for those who slept 8 hours & only 22% for those who had too little sleep!

## Sleep early & offer Tahajjud: -

replied to his question, that رضى الله عنها Rarrated by Al-Aswad that A'isha رضى الله عنها replied to his question, that Nabi & used to sleep in the early part of the night & would woke up at the latter part & used to pray (Tahajjud) & then return to His & bed till Mu'azzin called Azaan, He & use to get for Fajar Salah.

[Bukhari: 1146; Book. 19; English vol. 2; Book. 21; Hadees. 247]

Treatment for depression up to 60% of depressed people shows 30% improvement after just one night awake.

Sleep inhibits the thyroid stimulating hormone (TSH) that helps control our metabolism & indirectly our levels of energy. 25 to 30% of depressed patients have low TSH levels. Recent research shows that staying awake at the last part of night & the early morning hours boost it.

# Sleeping after Asr salah (mid evening before sunset) disliked: -

A gas exits from the earth at the time of Asr salah which is heavy & can affect a person's mind & heart. If a person sleeps before Isha Salah (night Prayer), the body cannot fight this gas hence causing illnesses.

Kailula sleeping after Zohr Salah (evening nap): -

Sahl Bin Saad an arrated that "We would not have lunch during the time of Nabi & nor would we have a siesta (Kailula) (evening Nap), until after the Friday prayer.

[Tirmizi: 525; Book. 4, English vol. 1; Book. 4; Hadees. 525]

Doctor Geolick Oston, who has written many books, writes in his book that "If it was in my control I would close schools, factories etc & make everyone rest at this time as if this is observed then we would have less ill patients & people would be saved from many illnesses." The psychologist suggests that sleeping at this time refreshes the body, strengthening it & it is saved from many physical & mental illnesses. But this is best after eating in the afternoon & for no longer than an hour.

### <u>Sleeping with wazoo: -</u>

A similar ritual is also encouraged by many experts who say that washing body parts such as the hands, arms, eyes, legs, mouth & genitals before sleep using cool water relaxes the body preparing it for a deep sleep.

## **Conclusion of Hadees: -**

Nabi &'s sleeping habit is the best & very beneficial for the body & its organs. Nabi & did not oversleep or deprive His body of necessary sleep; He used to sleep when sleep is warranted & would lay on His right side & remember Allah in supplication (Dua) until sleep overwhelmed His eyes. In addition, His body would not be burdened with overeating or overdrinking. He neither slept on the bare floor, or on high beds. Rather, He had mats made of leaves, used to lean on a pillow & would sometimes place His hand under His cheek.

[Healing with Medicine of Prophet &, by: Imam Ibn Qayyim Al-Jauziyah]

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#### Lesson no. 69 Dream: -

### Types of dreams: -

- 1. Abu Hurairah 🐟 narrated that Nabi 🙈 said: "Dreams are of three types:
  - 1) The true dream,
  - 2) Dreams about something that has happened to the man himself
  - 3) Dreams in which the devil (shaitaan) frightens someone.

So whoever sees what he dislikes, then he should get up & perform Salah." & he would say: "I like fetters & I dislike the iron collar." & He & would say: "Whoever has seen Me & (in a dream) then it is I, for indeed devil (shaitaan) is not able to resemble Me." & also would say: "The dream is not to be narrated except to a knowledgeable person or a sincere advisor."

[Tirmizi: 2280; Book. 34, English vol. 4; Book. 28, Hadees. 2280]

#### True dreams: -

2. Narrated by Abu Qatadah & that Nabi & said: "A true good dream is from Allah & a bad dream is from devil (shaitaan).

[Bukhari: 6984; Book. 91; English vol. 9; Book. 87; Hadees. 113]

#### <u>About true dreams: -</u>

3. Narrated by Abu Hurairah that Nabi said: "When the end of time draws near, hardly any believer will see a false dream & the ones who see the truest dreams will be the ones who are truest in speech. & the dream of the believer is one of the forty-six parts of prophecy."

[Ibn Majah: 3917; Book. 35; English vol. 5; Book. 35, Hadees. 3917]

# <u>Time of true dream mostly: -</u>

4. Abu Saeed an arrated that Nabi said: "The most truthful of dreams are in the last hours of the night."

[Tirmizi: 2443; Book. 34, English vol. 4; Book. 8, Hadees. 2274]

# <u>True dreams are parts of Prophecy (wahi): -</u>

5. Narrated by Ibn Umar رضىالله عنها that Nabi ﷺ said: A righteous dream is one of the seventy parts of prophecy."

[Ibn Majah: 3897; Book. 35; English vol. 5; Book. 35, Hadees. 3897]

#### About Mubashshirat (true dreams): -

6. Narrated by Abu Hurairah & that Nabi & said: Nothing is left of the Prophetism except Al-Mubashshirat. They asked: What is Al-Mubashshirat? He & replied: The true good dreams (that conveys glad tidings).

[Bukhari: 6990; Book. 91; English vol. 9; Book. 87; Hadees. 119]

### Interpret the dream (taabir) as follows: -

7. Narrated by Anas Bin Malik shat Nabi said: Interpret those (dreams) in accordance with the names of the things you see & understand what is hinted at & the dream is for the first interpreter.

[Ibn Majah: 3915; Book. 35; English vol. 5; Book. 35, Hadees. 3915]

### Seeing Nabi 🍇 in dream: -

8. Narrated by Abu Qatadah 🐗 that Nabi 🕸 said: "Whoever sees Me 🕸 (in a dream) then he indeed has seen the truth."

[Bukhari: 6996; Book. 91; English vol. 9; Book. 87; Hadees. 125]

9. Narrated by Abu Saeed 🐗 that Nabi 🕮 said: "Whoever sees Me 🕮 in a dream has (really) seen Me, for devil cannot imitate Me."

[Ibn Majah: 3903; Book. 35; English vol. 5; Book. 35, Hadees. 3903]

## Some dreams of Nabi 🕮: -

10. Narrated by Saalem's father & that Nabi & said: "I saw (in a dream) a black woman with unkempt hair going out of Madinah & settling in Mahai'a. I interpreted that as (a symbol of) epidemic of Madinah being transferred to Mahai'a, namely, Al-Juhfa."

[Bukhari: 7040; Book. 91; English vol. 9; Book. 87; Hadees. 163]

11. Narrated by Abu Hurairah state when the dawn prayer (Fajr) would finish, Nabi swould ask: Did any of you have a dream last night? & said: All that is left of Prophecy after Me is a good vision.

[Abu Dawud: 5017; Book. 43; English Book. 42; Hadees. 4999]

12. Abu Saeed Khudri reported that Nabi said: while I was asleep I saw people being presented to Me (in a dream) & they wore shirts & some of these reached up to the breasts & some even beyond them. Then there happened to pass Umar Bin Khattab & his shirt had been trailing. They asked Rasoolullah , how do you interpret the dream? He said: (As strength of) faith.

[Muslim: 2390; Book no. 44; Eng; Book. 31; Hadees. 5887]

13. Narrated by Abu Saeed Khudri that Nabi said: "While I was sleeping, some people were displayed before Me (in a dream). They were wearing shirts, some of which were merely covering their breasts some a bit longer. Then there passed before Me, Umar Bin Al-Khattab wearing a shirt he was dragging it (on the ground behind him.)" They (the people) asked, "What have you interpreted (about the dream) O Allah's Apostle?" He said, "The Religion."

[Bukhari: 7008; Book. 91; English vol. 9; Book. 87; Hadees. 136]

14. Narrated by Abdullah Bin Umar رخى الله عليه that Nabi ه said: "While I was sleeping, I was given a bowl full of milk (in the dream) & I drank from it (to my fill) till I noticed its wetness coming out of my limbs. Then I gave the rest of it to Umar Bin Al-Khattab." The persons sitting around him, asked, "What have you interpreted (about the dream) O Rasoolullah ه?" He said, "(It is religious) knowledge."

[Bukhari: 7007; Book. 91; English vol. 9; Book. 87; Hadees. 135]

15. Narrated by Abu Musa that Nabi said: I saw in a dream that I moved a sword & its blade got broken & that symbolized the casualties which the believers suffered on the day of Uhud. Then I moved it again & it became as perfect as it had been & that symbolized the Conquest (of Makkah) which Allah helped us to achieve & the union of all the believers. I (also) saw cows in the dream & what Allah does is always beneficial. Those cows appeared to symbolize the faithful believers (who were martyred) on the day of Uhud.

[Bukhari: 4081; Book. 64; English vol. 5; Book. 59; Hadees. 407]

16. Narrated by A'isha رخى لله باله that Nabi ه said to me: You were shown to me twice (in my dream) before I married you. I saw an angel carrying you in a silken piece of cloth & I said to him, Uncover (her) & behold, it was you. I said (to myself), If this is from Allah, then it must happen. Then you were shown to me, the angel carrying you in a silken piece of cloth & I said (to him), Uncover (her) & behold, it was you. I said (to myself), If this is from Allah, then it must happen.

[Bukhari: 7012; Book. 91; English vol. 9; Book. 87; Hadees. 140]

#### <u> A worst lie: -</u>

17. Narrated by Ibn Umar رضى الله عنهيا that Nabi ﷺ said: "The worst lie is that a person claims to have seen a dream which he has not seen."

[Bukhari: 7043; Book. 91; English vol. 9; Book. 87; Hadees. 167]

### Bad dreams & seek refuge from it: -

18. Narrated by Abu Qatadah 🐗 that Nabi 🐉 said: "A good dream that comes true is from Allah & a bad dream is from devil, so if anyone of you sees a bad dream, he should seek refuge with Allah from devil & should spit on the left, for the bad dream will not harm him."

[Bukhari: 6986; Book. 91; English vol. 9; Book. 87; Hadees. 115]

19. Narrated by Jabir 🧆 that Nabi 🕮 said: If anyone of you has a bad dream, he should not tell people about how devil played with him in his dream.

[Ibn Majah: 3913; Book. 35; English vol. 5; Book. 35, Hadees. 3913]

#### **MEANING OF DREAMS: -**

"True dreams are from Allah & bad dreams are from devil".

[Sahih Bukhari, Vol 9, page 95, no 113]

#### **BRIEF INTRODUCTION: -**

Most books on dream interpretation are either attributed to Muhammad Ibn Seereen (653-729 CE): English publication of Muhammad Al Akili's 508 page work entitled 'Ibn Seerin's Dictionary of Dreams: According to Islamic Inner traditions' in 1992, followed shortly thereafter by 'Dreams & Interpretations' by Ibn Seereen.

However, Ibn Seereen, without a shadow of a doubt, did not write any book on dream interpretation. He did, however, write a compilation of Abu Hurairah 🎄 narrations from the Prophet 🐉 along with the opinions of Abu Hurairah . This text was kept by his brother, Yahya Ibn Seereen, because Muhammed Ibn Seereen in later days did not like to keep books.

[Tareekh, vol 2 p 14b by Yagoob al Fasawee]

**NOTE:** The below narrations are about dreams of Prophets, Sahabah. But we should be careful to realize that in many of the explanations above the reference is to 'may', that is, seeing such a thing in a dream 'MAY' indicate that 'such & such' was seen. Thus as none of us have the fortune of being a Prophet, nor do we have the fortune of being in the company of Prophet Yusuf em - who excelled in dream interpretation - we should consider the matters above with caution.

General Dreams; If someone sees the following in the dream: -

<u>AZAAN:</u> (Call to prayer): Seeing oneself giving the call to prayer may indicate one's plans for Hajj will succeed.

[Sharh al Sunnah vol 12 p 224]

**Based on:** Proclaim the Hajj to mankind.

[Surah Al Hajj (22): 27]

**<u>BATHING:</u>** Dreaming of oneself bathing in cool water may refer to Allah's acceptance of one's repentance, a cure from sickness and/or the lifting of a calamity.

[Sharh al Sunnah vol 12 p 220]

**<u>Based on:</u>** Verses referring to Prophet Ayyub : "This is a cool water to bathe in & a refreshing drink. & I returned his family to him & along with them a similar number of additional offspring".

[Surah Saad 38 verse 42-43]

**BIRDS:** Seeing birds flying or circling over one's head in a dream may indicate the attainment of an administrative post.

[Sharh al Sunnah vol 12 p 221]

**Based on:** Verses referring to Prophet Dawud : "The birds assembled & all (with Dawud a.s) turned to (Allah in praise & repentance) & I strengthened his dominion".

[Surah Saad 38 verse 19-20]

**BLOWING:** Blowing away something or someone disliked in a dream indicates that the problem will soon be eliminated

[Sahih Muslim, Sharh al Nawawee, vol 8 p 39]

**Based on:** Abu Hurairah aquoted Prophet Muhammad saying, that "While sleeping, I saw two gold bangles on my hands. This disturbed me, but I was inspired to blow on them, so I blew on them & they flew away. I interpreted the two bangles as the two great liars who would appear after me & one of them is Al Ansee from Sanaa & the other, Musaylimah, from Yamaamah".

[Muslim, vol. 4 pp 1228-9 no 5650]

**<u>CLOTHING/COVER:</u>** Seeing clothing or a cover in a dream may refer to a husband or wife according to the metaphor 'libaas' (meaning: clothing/cover).

[Sharh al Sunnah vol 12 p 221]

**Based on:** They (wives) are a cover for you & you are a cover for them.

[Chapter Surah Al Bagarah, verse: 187]

**COWS:** Fat cows indicate a good yield of harvest while lean cows indicate a poor yield.

**Based on:** Prophet Yusuf's ed dream, O! Yusuf! (He said:) O man of truth! Expound to us (the dream) of seven fat kinds whom seven lean ones devour & of seven green ears of corn & (seven) others withered: that I may return to the people & that they may understand." (Yusuf) said: For seven years shall ve diligently sow as is your wont: & the harvests that ye reap ye shall leave them in the ear except a little of which ye shall eat. Then will come after that (period) seven dreadful (years) which will devour what ye shall have laid by in advance for them (all) except a little which ye shall have (specially) guarded. "Then will come after that (period) a year in which the people will have abundant water & in which they will press (wine & oil)."

[Chapter Surah Yusuf: verse 46-49]

**DATES:** If one sees fresh Ibn Taab dates in a dream, it indicates that one's practice of the religion will become better.

**Based on:** Anas Ibn Malik a quoted Prophet Muhammad s saying: "Last night I dreamed that we were in the house of Ugbah Ibn Raafi & were brought some Ibn Taab fresh dates. I interpreted it as meaning that eminence in this world will be granted to us, a blessed hereafter & that our religion has become good".

[Muslim, vol. 4 p 1228 no 5647; Sunan of Abu Dawud, vol. 3 p 1397 no 5007]

Prophet & derived the concept of a blessed hereafter (aggibah) from the name Ugbah, he derived the eminence (Rifa'ah) from the name Raafi & he derived becoming good i.e. complete (Taaba) from the name Taab.

Dreaming of oneself eating ripe dates, acquiring them, etc. may signify Allah's granting of provision, or a reminder to pay charity, or a reminder to avoid extravagance.

Based on: "It is He who produces gardens with trellises & without & dates & tilth with produce of all kinds & olives & pomegranates similar (in kind) & different (in variety): eat of their fruit in their season but render the dues that are proper on the day that the harvest is gathered. But waste not by excess: for Allah loves not the wasters".

[Surah Al Anaam: 141]

**DOOR:** Seeing own self enter a door or a gate in a dream, may refer to the successful completion of a project, or the winning of an argument

[Sharh al Sunnah vol 12 p 221]

**Based on:** Enter upon them through the gate. For when you enter victory will be yours".

[Surah Al Maidah: 23]

Opening a door in a dream may refer to the acceptance of a supplication or need to make one, according to the derivation of the word 'Istiftaah'.

[Sharh al Sunnah vol 12 p 220]

Based on: "If you ask for a judgement, the judgement has come"

[Surah Anfaal (8): 19]

**EGG:** Seeing an egg in a dream may refer to a woman, according to the metaphor used in Quran referring to the maidens of paradise.

[Sharh al Sunnah vol. 12 p 220]

**Based on:** "And they will have with them chaste females with lowered, large, beautiful eyes; delicate & pure, like well preserved hidden eggs".

[Surah Saaffaat: 48-9]

**ELEVATION:** Seeing oneself in a dream either elevated, ascending or in the sky may refer to an elevation in status or rank (Rifah).

[Sharh al Sunnah vol. 12 p 220]

<u>Based on:</u> Prophet Idrees ﷺ, where the word 'rafanaa' is used "And I raised him to a high station (وَرَفُعْنَاهُمُكَالَّاعَلِيًّا)

[Surah Maryam: 57]

<u>FLOWING SPRINGS:</u> A flowing spring in a dream indicates continued reward for one's good deeds.

**Based on:** Kharijah Ibn Zaid Ibn Thabit sanarration that, Umm Al-'Ala an Ansari woman who had given the Pledge of allegiance to Allah's Apostle said: (Usman Bin Maz'un came in our share when the Ansars drew lots

to distribute the emigrants (to dwell) among themselves. He became sick & we looked after (nursed) him till he died. Then we shrouded him in his clothes. Allah's Apostle & came to us. I (addressing the dead body) said: May Allah's Mercy be on you, O Aba As-Sa'ib! I testify that Allah has honored you. The Prophet & said: How do you know that? I replied: I do not know, by Allah. He said: As for him, death has come to him & I wish him all good from Allah. By Allah, though I am Allah's Apostle &, I neither know what will happen to me, nor to you. (Um Al-'Ala said: By Allah, I will never attest the righteousness of anybody after that. She added: Later I saw in a dream, a flowing spring for Usman. So I went to Allah's Apostle & mentioned that to Him. He & said: That is (the symbol of) his good deeds (the reward for) which is going on for him.

[Bukhari, vol. 9 pp119-20 no 145]

**FURNISHING:** Seeing furniture & rugs in a dream may indicate the coming of a time of rest or a break from a period of difficulty or it may imply the attainment of an administrative office which was sought.

[Sharh al Sunnah, vol 12 p 221]

**<u>Based on:</u>** "Reclining on couches lined with brocade & the fruits from the two gardens will be nearby"

[Surah Rahman: 54]

Furnishing in a dream may also symbolize women & children.

**<u>Based on:</u>** They will be on elevated couches & I have specifically created them virgins who will love husbands of equal age.

[Surah Waagiah: 34-37]

**GARDEN:** Seeing a garden in a dream indicates the richness of Islam.

**HAND-HOLD:** Grasping a hand-hold in a dream indicates that one will continue to hold firmly to Islam.

**Based on:** Abdullah Ibn Salaam said: (In a dream) I saw myself in a garden & there was a pillar in the middle & there was a handhold at the top of the pillar. I was asked to climb it. I said: I cannot. Then a servant came & lifted up my clothes & I climbed (the pillar) & then got hold of the handhold & I woke up while still holding it. I narrated that to the Prophet handhold whold which indicates the garden of Islam & the handhold is the firm Islamic handhold which indicates that you will be adhering firmly to Islam until you die.

[Sahih Bukhari, vol. 9 p 117 no 142]

**GIFT:** Receiving a gift in a dream may indicate a blessing of happiness.

[Sharh al Sunnah, vol. 12 p 221]

**Based on:** "Indeed you are happy with your gift"

[Surah Naml: 36]

**GOLD:** Being given gold or finding gold may indicate finding a suitable wife or a successful marriage. The symbolism is derived when the Prophet & restricted ornaments of gold to women.

**Based on:** Abdullah Ibn Zubayr related that he heard Ali say that the Prophet \$\mathbb{B}\$ took some silk in his right hand & some gold in his left hand. Then he said: These two are forbidden to the males of my nation.

[Sunan of Abu Dawud, vol. 3 p 1133 no 4046]

**HAII:** Hearing oneself congratulated on doing Hajj or Umrah indicates that it went well.

**Based on:** Abu Jamra Nasr Bin Imran Ad-Duba'i said: I intended to perform Hajjal-Tamattu & the people advised me not to do so. I asked Ibn Abbas رضى الله عنها regarding it & he ordered me to perform Hajj-at-Tammatu'. Later I saw in a dream someone saying to me: Hajj-Mabrur (Hajj performed in accordance with the Prophet &'s tradition without committing sins & accepted by Allah) & an accepted Umrah. So I told that dream to Ibn Abbas رضىالله عنهيا. He said, 'This is the tradition of Abul-Oasim. Then he said to me, 'Stay with me & I shall give you a portion of my property. I (Shu'ba) asked: Why (did he invite you)? He (Abu Jamra) said: Because of the dream which I had seen.

[Bukhari, vol. 2 p 373 no 638]

*Hajj-at-Tammatu:* This is Umrah combined with Hajj in which the pilgrim is allowed to leave his state of consecration (Ihraam) after the completion of the Umrah

Hajj-Mabrur: Which means 'may your Hajj be righteous'

Abul-Qasim: This was Prophet Muhammad s's nickname, derived from the name of His son, Al Qaasim

**KEYS:** Seeing keys in one's hand, or receiving keys in a dream, indicates the receipt of administrative authority.

[Muslim: Sharh In Nawawee, vol. 8 p 39]

Based on: Abu Hurairah 🐟 said: The Prophet 🙈 said: I have been given the keys of eloquent speech & given victory with awe (cast into the hearts of the enemy) & while I was sleeping last night, the keys of the treasures of the earth were brought to Me till they were put in My Hand." Abu Hurairah 🕸 added: Allah's Apostle & left (this world) & now you people are carrying those treasures from place to place.

[Bukhari, vol 9 p 106 no 127; Muslim, vol. 1 p 266 no 1063]

**LAUGHING:** Dreaming of oneself laughing in a dream may refer to the arrival of good news, good times.

[Sharh al Sunnah, vol. 12 p 221]

**Based on:** Some faces on that day will be bright, laughing & rejoicing at the good news.

[Surah Abas: 38-9]

**LEG IRONS:** Seeing oneself bound in leg-irons indicates stability in the religion.

**<u>Based on:</u>** Muhammad Ibn Seereen said: Abu Hurairah hated to see neck irons (*metallic neck collars*) in a dream & people generally liked to see leg-irons. Leg-irons were said to symbolize one's constant & form adherence to religion.

[Bukhari, vol. 9 p 118-9 no 144]

Imam Nawawee noted that the reason shakles on the feet were liked was because they indicate avoiding sin & evil (*i.e.* the feet are prevented from taking the body to corruption). On the other hand, shackles (ghull) on the neck are one of the characteristics of those in Hell.

[Sharh Al Nawawee, vol. 8 p 28]

<u>MAKKAH:</u> Seeing oneself entering Makkah in a dream may refer to a state of security & peace.

[Sharh as Sunnah, vol. 12 p 221]

Based on: "Whoever enters Makkah will be secure".

[Surah Aal Imran: 97]

**MARRIAGE:** Dreaming of oneself getting married may indicate an impending marriage. If there are no marriage plans at the time of the dream, one may propose to the women shown in the dream.

Narrated by A'isha رحى لله عبيا that Nabi اله said to me: You were shown to me twice (in my dream) before I married you. I saw an angel carrying you in a silken piece of cloth & I said to him, Uncover (her) & behold, it was you. I said (to myself), 'If this is from Allah, then it must happen. Then you were shown to me, the angel carrying you in a silken piece of cloth & I said (to him): Uncover (her) & behold, it was you. I said (to myself): If this is from Allah, then it must happen.

[Bukhari: 7012; Book. 91; English vol. 9; Book. 87; Hadees. 140]

MILK: Receiving milk in a dream means that religious knowledge has been granted.

<u>Based on:</u> Abdullah Ibn Umar رخىاله عنها said: Allah's Apostle ﷺ said: While I was sleeping, I was given a bowl full of milk (in the dream) & I drank from it (to my

fill) till I noticed its wetness coming out of my limbs. Then I gave the rest of it to Umar . The persons sitting around him, asked: What have you interpreted (about the dream) O Allah's Apostle 3. He said: It is (religious) knowledge.

[Sahih Bukhari, vol. 9 p 112 no 135]

**MOUNTAINS:** Seeing Mountains in dream indicate the attainment of an administrative post.

**Based on:** Verses to Prophet Dawud : "Indeed, I made the mountains glorify our praises along with Him in the evening & in the morning & I strengthened his dominion".

[Surah Saad: 18 & 20]

**PEARLS:** Dreaming of pearls may indicate Allah's granting of a mater, male or female, which refer to the young men & women of paradise granted to the believers.

**Based on:** "And there will be large eved maidens like hidden pearls".

[Surah Al Waagiah: 22-3]

And there will be young men of perpetual youth serving them; if you see these youths, you would think that they were scattered pearls.

[Surah al Insaan: 19]

**RECONCILIATION:** Seeing reconciliation in a dream may refer to a good settlement of one's affairs.

[Sharh al Sunnah, vol. 12 p 221]

**Based on:** There is nothing wrong in making peace between them, for reconciliation is better.

[Surah An Nisa: 128]

**RIGHT SIDE:** If one dreams of being led to the right side of a location, it indicates achieving a state of security or an escape from harm.

Based on: Ibn Umar رضى لله عنهيا said: Men from the companions of Allah's

Apostle ## used to see dreams during the lifetime of Allah's Apostle ## & they used to narrate those dreams to Allah's Apostle 3. Allah's Apostle 3. interpret them as Allah wished. I was a young man & used to stay in the mosque (Masjid) before my wedlock. I said to myself, "If there were any good in myself, I too would see what these people see." So when I went to bed one night, I said, "O Allah! If you see any good in me, show me a good dream." So while I was in that state, there came to me (in a dream) two angels. In the hand of each of them, there was a mace of iron & both of them were taking me to Hell & I was between them, invoking Allah, "O Allah! I seek refuge with You from Hell," Then I saw myself being confronted by another angel holding a mace of iron in his hand. He said to me, "Do not be afraid, you will be an excellent man if you only pray more often." So they took me till they stopped me at the edge of Hell & behold, it was

built inside like a well & it had side posts like those of a well & beside each post there was an angel carrying an iron mace. I saw therein many people hanging upside down with iron chains & I recognized therein some men from the Ouresh. Then (the angels) took me to the right side. I narrated this dream to (my sister) Hafsah رضى الله عنها & she told it to Allah's Apostle ﷺ. Allah's Apostle ﷺ said: "No doubt, 'Abdullah is a good man." (Nafie' said, "Since then 'Abdullah bin Umar رضي "(.used to pray much الله عنهيا

[Bukhari, vol. 9 p 127-8 no 155]

Hafsah رضىالله عنها was his sister & she was one among the wives of Nabi 🍇.

Nafi' was the freed slave of Ibn Umar رضي الله عنهيا, who became his student & one of the most outstanding scholars of his time.

**ROOM:** Dreaming of oneself in a room or in different rooms, may refer to being safe from what one fears.

**Based on:** "They will reside in rooms in peace & security".

[Surah Saba: 37]

**ROPE:** Seeing a rope in a dream & grabbing hold of it may indicate one's adherence to the covenant with Allah & Islam.

[Sharh al Sunnah, vol. 12 p 220]

**Based on:** Hold on firmly to the rope of Allah & do not become divided.

[Surah Aal Imran: 103]

**RULER:** Being addressed by a ruler in a dream may refer to the attainment of a high post or rank.

[Sharh al Sunnah vol. 12 p 220]

"When he (the ruler) spoke to him, he said, 'Indeed, today you are considered an established, trustworthy person".

[Surah Yusuf: 54]

**SEXUAL INTERCOURSE:** Dreams of sexual intercourse are fundamentally satanic & therefore not interpretable. However, they may only be classified as good dreams if the people involved are married.

If a person has an orgasm while dreaming, taking a complete ritual bath (gusl) is obligatory on that individual to attain the state of purity (taharaah) necessary to make formal prayers.

Anas Ibn Malik 🐗 reported that Umme Sulaim رحى الله عنها came to the Prophet 🕮 while he was with Aisha رض الله عنها & asked him: "O Messenger of Allah ﷺ, when a woman sees & experiences in a dream what a man does, what should she do? remarked, "O Umme Sulaim رضى الله عنها, you have humiliated women, May your right-hand be covered in dust". Prophet 🐉 said to Aisha رضى الله عنها, "May your right hand be covered in dust". He ﷺ then said to Umme Sulaim رضىالله عنها, "O Umme Sulaim, she should take bath (gusl) if she sees any discharge".

[Muslim, vol. 1 p 178 no 607]

Right hand be covered in dust: this is an Arabic statement of disapproval

SHIP: Seeing a ship in a dream may mean success or escape.

[Sharh as Sunnah, vol. 12 p 220]

**Based on:** Prophet Nooh &: "Then I saved him & those with him in the ship & made it a lesson for the whole worlds".

[Surah Al Ankaboot: 15]

SHIRT: Wearing a shirt in a dream indicates adherences to the religion, the longer the shirt, the greater commitment to Islam.

Abu Saeed Al Khudri 🐞 said: I heard Allah's Apostle 🐉 saying: "While I was sleeping, I saw (in a dream) the people being displayed before me, wearing shirts, some of which (were so short that it) reached as far as their breasts & some reached below that. Then 'Umar Bin Al-Khattab was shown to me & he was wearing a shirt which he was dragging (behind him)." They asked. What have you interpreted (about the dream), O Allah's Apostle #?" He said, "The religion."

[Bukhari, vol. 9 p 113-4 no 137]

SILK CLOTH: Receiving or giving silk cloth in a dream may indicate impending marriage. Since silk garments are restricted to women, dreaming about silk may be symbolic of a woman.

Based on: A'isha رضى الله عنها said: "Allah's Apostle 🕮 said to me: "You were shown to me twice (in my dream) before I married you. I saw an angel carrying you in a silken piece of cloth & I said to him, 'Uncover (her),' & behold, it was you. I said (to myself), 'If this is from Allah, then it must happen.' Then you were shown to me, the angel carrying you in a silken piece of cloth & I said (to him), 'Uncover (her),' & behold, it was you. I said (to myself), 'If this is from Allah, then it must happen."

[Bukhari vol. 9 p 115-6 no 140]

Dreaming of oneself flying in paradise holding a piece of silk cloth indicates righteousness in the individual.

Based on: Ibn Umar رضى الله عنهيا said: I saw in a dream a piece of silken cloth in my hand & in whatever direction in Paradise I waved it, it flew, carrying me there. I narrated this (dream) to (my sister) Hafsah رضى الله عنها & she told it to Prophet & who said, (to Hafsah), "Indeed, your brother is a righteous man," or, "Indeed, 'Abdullah is a righteous man.

[Bukhari, vol. 9 p 118 no 143]

**SWORD:** Seeing a sword in a dream refers to one's companions & supporters coming to their aid.

[Muslim: Sharh al Nawawee, vol. 8 p 38]

Based on: Abu Musa 🕸 said: That Prophet 🕮 said: I saw in a dream that I waved a sword & it broke in the middle & behold, that symbolized the casualties the believers suffered on the Day of Uhud (battle). Then I waved the sword again & it became better than it had ever been before & behold, that symbolized the Conquest (of Makkah) (fateh Makkah) which Allah brought about & the gathering of the believers.

[Bukhari, vol. 9 p 133-4 no 164]

## Science & dreams: -

All scientific efforts to unreveal the mysteries of dreams have failed. There is no answer to how the mind is able to construct the images it does in dreams; In Scientific studies, using electrodes attached to the head, recording firings (conduction) of neurons by several parts of the brain have yielded nothing. What the mind actually sees or the imaginations it creates, have not been recorded by any electronic gadget.

## Conclusion of Hadees: -

- 1. Dreams are of 3 types, true dreams are from Allah; do not tell about the dreams to everybody; take interpretation by an Aalim about your true dreams; true dreams are part of prophecy.
- 2. When you see a bad dream it is from devil (shaitaan) & spit to the left side & recite: لحول ولاقوة إلا بالله العلى العظيم & do not tell to anybody.

lesson has 19 Hadees ......

# Lesson no. 70 Rules about Intercourse & wet dreams:

#### About Wet dreams: -

1. Narrated by A'isha رخىالله عنها that Nabi ﷺ said: "If anyone wakes up & sees some wetness, but he does not think that he had an erotic dream, let him have a bath. But if he thinks that he had an erotic dream but he does not see any wetness, then he does not have to take a bath."

[Ibn Majah: 655; Book. 1; English vol. 1; Book. 1, Hadees. 612]

Means if a male see sticky discharge on his clothes when he wakes up he should take a bath because it is obligation to take a bath, whether he sees an erotic dream or not it is an obligation to take a bath.

If the discharge is ejaculation (a discharge mainly in sleeps with bulge in a single stroke with little pleasure full feelings of orgasm) this ejaculation is commonly called as night fall.

2. Narrated by Umme Salma رعى لله عنها that a woman said: O! Rasoolullah , Allah is not shy to tell the truth. Do women have to perform bath (Ghusl) if she has a wet dream?" He said: "Yes, if she sees water." (Umme Salma laughed) & said: "Do women really have wet dreams?" Nabi said: "How else would her child resemble her?" (That is, if she has an emission of the fluid of an orgasm).

[An-Nasa'i: 198; Book. 1; English vol. 1; Book. 1, Hadees. 197]

3. Abu Saeed Khudri an arrated that Nabi said: "Three things do not break the fast of the fasting person: Cupping (hijamah), vomiting the wet dream."

[Tirmizi: 719; Book. 8, English vol. 2; Book. 3, Hadees. 719]

4. Narrated by Khawlah Bin Hakim 🐞 that "I asked Nabi 🐉 about a woman who has a wet dream & He 🐉 said: 'If she sees water, let her perform bath (Gusl)".

[An-Nasa'i: 199; Book. 1; English vol. 1; Book. 1, Hadees. 198]

5. Hammam Bin AI-Harith المحالية narrated that A'isha رخى الله عباله had a guest to whom she lent a yellow wrap for him to sleep in. He had a wet dream & was too embarrassed to send it to her while the traces of the wet dream were present on it. So he submerged it (washing it) in water,

then he sent it to her. A'isha رحى الله عنها said: Why did he ruin our garment? It would have been sufficient for him to scrape it off with his fingers. Sometimes I would scrape it off of the garment of Nabi ه with my fingers.

[Tirmizi: 116; Book. 1, English vol. 1; Book. 1, Hadees. 116]

## Islamic rules & Sunnah about legal intercourse:

#### Rule regarding intercourse after marriage: -

1. Yahya related to me from Malik from Ibn Shihab that Ibn Al-Musayyib said: If someone marries a woman & cannot have intercourse with her, there is a deadline of a year set for him to have intercourse with her. If he does not, they are separated.

[Muwatta Malik: 1236; Book. 29, English Book. 29, Hadees. 74]

### **Dua during intercourse: -**

2. Narrated by Ibn Abbas رضى that Nabi ﷺ said: "If anyone of you, when having sexual intercourse with his wife, says:

and if it is destiny that they should have a child, then devil (shaitaan) will never be able to harm him.

[Bukhari: 5165; Book. 67; English vol. 7; Book. 62; Hadees. 94] In Tirmizi it is mentioned to recite this Dua:

[Tirmizi: 1092; Book. 11, English vol. 2; Book. 6, Hadees. 1092]

# Acts after intercourse with wife: -

# Sleeping or eating after intercourse is allowed: -

3. A'isha رضى الله عنها reported whenever Nabi ﷺ intended to sleep after having sexual intercourse; He Acts after intercourse with wife performed ablution (wazoo) as for the prayer before going to sleep.

[Muslim: 305 A; Book. 3; English Book. 3; Hadees. 597]

4. A'isha رضى الله عنها reported whenever Nabi ﷺ had sexual intercourse & intended to eat or sleep; He ﷺ performed the ablution of prayer.

[Muslim: 305 B; Book. 3; English Book. 3; Hadees. 598]

Wazoo between, if intercourse is done 2nd time in the same night: -

5. Abu Saeed Al-Khudri serported that Nabi sesaid: When any of you has intercourse with his wife & desire to repeat it, he should perform ablution between them.

[Abu Dawud: 220; Book. 1; English Book. 1; Hadees. 220]

### Bath after intercourse compulsory & Sunnah of it: -

6. Narrated by Abu Hurairah that Nabi said: "When a man sits between the four parts (arms & legs of his wife) & has intercourse, then bath is obligatory."

[Ibn Majah: 653; Book. 1; English vol. 1; Book. 1, Hadees. 610]

7. Urwah أولى المعنه has narrated it on the authority of A'isha رحى الله بعنه that when Nabi الله took a bath because of sexual intercourse, He first washed His hands before dipping one of them into the basin & then performed ablution (wazoo) as is done for prayer.

[Muslim: 316 D; Book. 3; English Book. 3; Hadees. 619]

8. A'isha رخى لله عنها reported when Nabi ﷺ took a bath because of sexual intercourse, He ﷺ called for a vessel & took a handful of water from it & first (washed) the right side of His Head, then left & then took a handful (of water) & poured it on His Head.

[Muslim: 318; Book. 3; English Book. 3; Hadees. 623]

- 9. Narrated by A'isha رضى لله عنها that Nabi ه used to take a bath for four things; after sexual intercourse, on Fridays, after extracting blood from his body (hijamah / Wet cupping) & after washing a dead body.

  [Buloogh Al-Muram: 112; Book. 1, English; Book. 1, Hadees. 120]
- 10. Narrated by A'isha رحى الله المعلى that whenever Nabi اله took Ghusl (bath) after sexual intercourse, He اله would wash His Hands, then pour water with His Right Hand, on His left Hand & wash His sexual organ. He اله would then perform ablution (wazoo), then use to take some water & run His respected Fingers through the roots of the Hair. Then He اله would pour three handfuls on His Head, then pour water over the rest of His Body & subsequently wash His Feet.

[Bulugh Al-Maram: 119; Book. 1, English Book. 1, Hadees. 128]

11. Abdullah Bin Abul-Qais ه asked A'isha رضى الله عنها about the Witr (prayer) of Nabi ه & mention a Hadees, then I asked what did He

do after having sexual intercourse? Did He ﷺ take a bath before going to sleep or did He ﷺ sleep before taking a bath? She رخى الله عنها replied, He ﷺ did all these. Some- times He ﷺ took a bath & then slept & sometimes He ﷺ performed ablution (wazoo) only & went to sleep. I (the narrator) said: Praise be to Allah Who has made things easier (for human beings).

[Muslim: 307 A; Book. 3; English Book. 3; Hadees. 603]

12. Narrated by Aswad Bin Yazeed that A'isha رحى الله عبيا reported (about the night prayer of Nabi هه) that He هه used to sleep in the early part of the night & woke up in the latter part. If He هه then wished (to have) intercourse with His wife, He هه satisfied His desire & then went to sleep; & when the first call to prayer was made He (use to) jumped up (by Allah, she, i.e. A'isha رحى الله عنها, did not say" He stood up") & poured water over Him (by Allah she, i.e. A'isha رضى الله عنها لله وسني الله meant) & if He هه did not had an intercourse, He هه (use to) performed ablution, just as a man performs ablution for prayer & then offered two rak'ahs.

[Muslim: 739; Book. 6; English Book. 4; Hadees. 1612]

### About clothes in which intercourse is done: -

13. Narrated by Mu'awiyah Bin Abu Sufyan الله that He asked his sister Umme Habibah رحى لله عنها, the wife of the Nabi الله "Did Nabi الله ever offer prayer in a garment in which He الله had sexual intercourse?" She said: "Yes, if there was nothing noxious (impurity) on it."

[Majah: 583; Book. 1; English vol. 1; Book. 1, Hadees. 540]

14. Narrated by Jabir Bin Samurah that "A man asked Nabi whether he could perform prayer in a garment in which he had intercourse with his wife. He said: 'Yes, unless he sees something on it, in which case he should wash it."

[Ibn Majah: 585; Book. 1; English vol. 1; Book. 1, Hadees. 542]

# Avoid being fully naked while intercourse: -

15. Narrated by Utbah Bin Abd Sulamain 🐗 that Nabi 🐉 said: "When anyone of you has intercourse with his wife, let him cover himself & not be naked liked donkeys."

[Ibn Majah: 1996; Book. 9; English vol. 3; Book. 9, Hadees. 1921]

### Coitus interrupts (means to ejaculate outside the virgina): -

16. Narrated by Abu Saeed Khudri 🚓, A man said to Nabi 🙈, I have a slave-girl & I withdraw the penis from her (while having intercourse) & I dislike that she becomes pregnant. I intend (by intercourse) what the men intend by it. The Jews say that withdrawing the penis (azl) is burying the living girls on a small scale. Nabi & answered the Jews told a lie. If Allah intends to create it, you cannot turn it away.

[Abu Dawud: 2171; Book. 12; English Book. 11; Hadees. 2166]

Means that if a man ejaculates outside the virgina so that pregnancy does not take place, on this Nabi & said that if Allah wants & will, the pregnancy will take place even if the semen is ejaculated outside. According to modern science the sperms in semen are capable to travel (to the fallopian tube) were the conception takes place even if the semen is ejaculated outside the virgina.

# Have intercourse with wife, if you are provoked with other lady: -

17. Jabir 💩 said that Nabi 🐉 saw a woman, so He 🐉 entered upon Zainab & His Wife) & had intercourse with her. He 🍇 then came out (حتى الله عنها said to His companions "A woman advances in the form of a devil. (if) one of you finds that, he should go to his wife (and have intercourse with her) for that will repel what he is feeling.

[Abu Dawud: 2151; Book. 12; English Book. 11; Hadees. 2146]

# Fasting for those who cannot marry: -

18. Narrated by Abdullah 💩 that we were with Nabi 🖓 while we were young & had no wealth whatever, So Nabi & said: "O young people! Whoever among you can marry, should marry, because it helps him to lower his gaze & guard his modesty (i.e. his private parts from committing illegal sexual intercourse etc.) & whoever is not able to marry, should fast, as fasting diminishes his sexual power."

[Bukhari: 5066; Book. 67; English vol. 7; Book. 62; Hadees. 4]

### Islamic rules & guidance of Nabi 🐉 regarding illegal or prohibited intercourse: -

### Intercourse prohibited during menses with wife, if anyone does it so: -

19. Ibn Abbas رخى said, If one did intercourse in the beginning of the menses, (one should give) one dinar; in case one has intercourse towards the end of the menses & than half a dinar (should give charity).

[Abu Dawud: 265; Book. 1; English Book. 1; Hadees. 265]

(Intercourse is prohibited during menses).

20. Abu Hurairah & narrated that Nabi & said: "Whoever engages in sexual intercourse with a menstruating woman, or a woman in her anus, consults a soothsayer & then he has disbelieved in what was revealed to Muhammad ."

[Tirmizi: 135; Book. 1, English vol. 1; Book. 1, Hadees. 135]

21. Narrated by Anas & that the Jews did not ate with a woman during her menstruation period, so Nabi & said: "Do everything else apart from sexual intercourse (with your wives)".

[Bulug Al-Muram: 144; Book. 1, English Book. 1, Hadees. 155]

(Intercourse is prohibited in menses).

## Intercourse not allowed other than husband & wife: -

22. Narrated by Ibn Abbas رضى لله عنهيا that Nabi ﷺ said: "Whoever has intercourse with a Mahram relative, kill him; & whoever has intercourse with an animal, kill him & kill the animal."

[Ibn Majah: 2661; Book. 20; English vol. 3; Book. 20, Hadees. 2564]

## <u>Rules if an unmarried haves intercourse: -</u>

23. Narrated by Abu Hurairah that Nabi said: "If a lady slave commits illegal sexual intercourse & she is proved guilty of illegal sexual intercourse, then she should be flogged (fifty stripes) but she should not be admonished; & if she commits illegal sexual intercourse again, then she should be flogged again but should not be admonished; & if she commits illegal sexual intercourse for the third time, then she should be sold even for a hair rope."

[Bukhari: 6839; Book. 86; English vol. 8; Book. 82; Hadees. 823]

24. Narrated by Zaid Bin Khalid that Nabi ordered that an unmarried person who committed illegal sexual intercourse is to be scourged one hundred lashes sent into exile for one year.

[Bukhari: 2649; Book. 52; English vol. 3; Book. 48; Hadees. 817]

25. Narrated by Zaid Bin Khalid Al-Juhani & Abu Hurairah & that I heard Nabi & ordering that an unmarried person guilty of illegal sexual intercourse be flogged one-hundred stripes & be exiled for one year.

[Bukhari: 6831, 6832 & 6833; Book. 86; English vol. 8; Book. 82; Hadees. 818 & 819]

#### Anal intercourse not allowed: -

26. Narrated by Abu Hurairah & that Nabi & said: "Allah will not look at a man who has intercourse with his wife in her buttocks."

[Ibn Majah: 1998; Book. 9; English vol. 3; Book. 9; Hadees. 1923]

27. Narrated by Khuzaimah Bin Sabit stat Nabi said: "Allah is not too shy to tell the truth," three times. "Do not have intercourse with women in their buttocks."

[Ibn Majah: 1999; Book. 9; English vol. 3; Book. 9; Hadees. 1924]

## Act of illegal intercourse: -

28. Narrated by Abu Hurairah that Nabi said: The one who commits an illegal sexual intercourse is not a believer at the time of committing illegal sexual intercourse & a thief is not a believer at the time of committing theft & an alcoholic drinker is not a believer at the time of drinking, Yet, (gate of) repentance is open thereafter.

[Bukhari: 6810; Book. 86; English vol. 8; Book. 82; Hadees. 801]

## Punishment for a married if does illegal intercourse (means other than spouse): -

The punishment for a married woman or man caught having intercourse other than their spouse is they should be stoned till death. & if an unmarried woman or man caught having intercourse should be beaten with hunter 100 slashes & be exiled for one year.

29. Narrated by Zaid Bin Khalid & Abu Hurairah that Nabi said: "O Unais! Go to the wife of this (man) & if she confesses (that she has committed illegal sexual intercourse), then stone her to death."

[Bukhari: 2314 & 2315; Book. 40; English vol. 3; Book. 38; Hadees. 508]

30. Narrated Ibn Umar رضىالله عنهيا that a Jews brought a man & a woman who had committed illegal sexual intercourse, to Nabi 🙈 & He 🐉 ordered them to be stoned to death & they were stoned to death near the mosque (Masjid) where the biers used to be placed.

[Bukhari: 7332; Book. 96; English vol. 9; Book. 92; Hadees. 432]

31. Narrated by Abdullah Ibn Abbas رضى الله عنها that, if a man who is not married is seized committing sodomy, he will be stoned to death.

[Abu Dawud: 4463; Book. 40; English Book. 39; Hadees. 4448]

(Sodomy is having sex in unnatural way like oral sex, sex with animals or other means but mainly oral sex).

## Science & Hadees regarding intercourse:

#### <u>Intercourse prohibit during menses: -</u>

Dr. Muhiy Al-Deen Al-'Alabi says that: "It is essential to refrain (prohibit) from having intercourse with a menstruating wife because doing so leads to an increase in the flow of menstrual blood, because the veins of the uterus are congested & prone to rupture & get damaged easily; & the wall of the vagina is also susceptible to injury, so the likelihood of inflammation is increased, which leads to inflammation in the uterus & in the man's penis, because of the irritation that occurs during intercourse. Having intercourse with a menstruating wife may also be off-putting to both the man & his wife, because of the presence & smell of blood, which may make the man impotent.

Dr. Muhammad Al-Baar said, speaking of the harm that may be caused to the menstruating wife: The lining of the uterus is shed during menstruation & the uterus is scarred as a result, just like when the skin is flayed. So it is vulnerable to bacteria & the introduction of the bacteria that are to be found at the tip of the penis poses a great danger to the uterus, because the opening of both OS (mouth of uterus) are opened during menstrual cycle thus the bacterias can easily reach up to the uterus & fallopian tubes. Hence the penetration of the penis into the vagina at the time of menstruation is no more than the introduction of germs at a time when the body is unable to fight them.

Dr. Al-Baar thinks that the harm is not limited to what he describes of the introduction of germs into the uterus & vagina which is difficult to treat; rather it also extends to other things:

- 1. The spread of infection to the fallopian tubes, which may then become blocked, which in turn may lead to infertility or ectopic pregnancy, which is the most dangerous kind of pregnancy.
- 2. The spread of infection to the urethra, bladder & kidneys; diseases of the urinary tract are usually serious & chronic.
- 3. Increase of germs in the menstrual blood, especially gonorrhea germs.

The menstruating wife is also in a physical & psychological state that is not conducive to have intercourse, so if it takes place it will harm her a great deal & cause pains during her period, as Dr. Al-Baar said:

- 1. Menstruation is accompanied by pains, the severity of which varies from one woman to another. Most women experience pains in the back & lower abdomen. For some women the pain is unbearable & has to be treated with medication & painkillers.
- 2. Many women suffer depression & stress during their periods, especially at the beginning & their mental & intellectual state are at the lowest level during menstruation.
- 3. Some women suffer migraines just before their period starts & the pain is severe & causes visual disturbances & vomiting.
- 4. Women sexual desire decreases & many women have no interest at all in sex during their periods. The entire reproductive system is in a state that is prone to sickness, so intercourse at this time is not natural & serves no purpose, rather it can cause a great deal of harm.
- 5. A woman's temperature drops during menstruation, as does her pulse & blood pressure, which makes her feel dizzy, exhausted & lethargic.

Dr. Al-Baar also mentions that the harm is not only caused to the woman by having intercourse with her, rather the man is also affected by this action, which may cause infection in his reproductive system which may lead to sterility as a result. The severe pains suffered as a result of this infection may be even worse than the sterility it causes.

## <u> Anal intercourse prohibited: -</u>

Anal sex can expose its participants to two principal dangers: infections due to the high number of bacterias, fungus & infectious microorganisms which are not found elsewhere on the body & physical damage to the anus & rectum due to their fragility, & there is a higher risk of passing on sexually transmitted infections & diseases, because the anal sphincter are delicate & can easily torn that can provide an entry for pathogens. The high concentration of white blood cells around the rectum, together with the risk of tearing & the colon's function to absorb fluid, are what place those who engage in anal sex at high risk of STIs (sexually transmitted infections).

People say we use condom, the condom can break or otherwise come off during anal sex & this is more likely to happen with anal sex than with other sex acts because of the tightness of the anal sphincters during friction. Unprotected receptive anal sex (with an HIV positive partner) is the sex act most likely to result in HIV transmission. Other infections & problems that can be transmitted or caused by anal sex are piles, fissures, fistula, anal abscess, perforations, anal incontinence, warts, HIV, AIDs, human papillomavirus (HPV) which can increase risk of anal cancer; typhoid fever, diarrhea, parasitic infection.

Fever; amoebiasis; Chlamydia cryptosporidiosis; E-coli infections; giardiasis; gonorrhea; hepatitis A; hepatitis B; hepatitis C; herpes simplex; Kaposi's sarcoma-associated herpes simplex virus; lymphogranuloma venereum; Mycoplasma hominis; Mycoplasma genitalium; pubic lice salmonellosis; shigella; syphilis; tuberculosis; & Ureaplasma urealyticum & etc.

## **Conclusion of Hadees: -**

- 1. Avoid having sex with menstruating wife, Avoid anal sex, Avoid all unnatural ways of sex like masturbation, lesbianism, sodomy & etc.
- 2. Recite the Dua of Sunnah while ejaculation, perform wazoo after sex, perform wazoo in between 1st & 2nd intercourse, rest for sometime after intercourse, do not get fully naked, one can eat after sex but after wazoo, bath is compulsory after sex, bath in Sunnah way, fore play is allowed.
- 3. Be far from rapes, extra marital affair, sex with other spouse because Allah dislikes it very much & punishment of it is very severe.
- 4. Fulfill your sexual desire with your wife only because she is legal for you & you are legal for her, what Allah wants you to do, be safe your modesty.

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# Lesson no. 71 Marriage (Nikah):

Please consult an Aaleem to understand the rules & principles of Nikah (marriage) & divorce. Below some important Hadees are mentioned so that you will understand properly, but remember guidance of scholars (mufti or Aaleem) is very much needed.

In pre-Islamic days (before accepting Islam) male had many wives for example 10 (more or less) & from 10 (more or less) they were ordered to keep only 4 wives & divorce the rest because a Muslim cannot have more than 4 wives at one time.

Later after completing Iddat period any male would marry the divorcee as per the need & match. Also the divorcee had the right to choose or to reject the proposal.

### <u>Merits of marriage: -</u>

1. Narrated by Algama that, While I was walking with Abdullah 🐞 & he said: "We were in the company of Nabi & & He & said, 'He who can afford to marry should marry, because it will help him refrain from looking at other women & save his private parts from committing illegal sexual relation; & he who cannot afford to marry is advised to fast, as fasting will diminish his sexual power".

[Bukhari: 1905; Book. 30; English vol. 3; Book. 31; Hadees: 129]

2. Narrated by A'isha رضىالله عنها that Nabi 🕮 said: "Marriage is part of my Sunnah & whoever does not follow my Sunnah has nothing to do with me. Get married, for I will boast of your great numbers before the nations. Whoever has the means, let him get married & whoever does not, then he should fast for it will diminish his desire."

[Ibn Majah: 1919; Book. 9; English vol. 3; Book. 9, Hadees: 1846]

3. Ali Bin Abi Talib 🛦 narrated that Nabi 🕮 said to him: 'Ali! Three are not to be delayed: Salat when its time comes, a funeral when it (a prepared body) is present & the (marriage of a) single woman when there is an equal (match) for her".

[Tirmizi: 171; Book. 2, English vol. 1; Book. 2, Hadees: 171]

4. Narrated by Abdullah that Nabi said: 'Whoever among you can afford to get married, let him do so & whoever cannot afford it should fast, for it will be a restraint (Wija) for him".

[An-Nasa'i: 2241; Book. 22; English vol. 3; Book. 22, Hadees: 2243]

## Rules of Marriage: -

## Mahr is necessary to be given to the bride: -

5. Narrated by Abdullah that Nafi narrated to me that Nabi forbade the Shighar. I asked Nafi: What is the *Shighar*? He said: It is to marry the daughter of a man & marry one's daughter to that man (at same time) without Mahr (in both cases); or to marry the sister of a man & marry one's own sister to that man without Mahr. Some people said: If one, by a trick, marries on the basis of *Shighar*, the marriage is valid but its condition is illegal. The same scholar said regarding Mut'a, the marriage is invalid & its condition is illegal. Some others said: Mut'a & the *Shighar* are permissible but the condition is illegal.

[Bukhari: 6960; Book. 90; English vol. 9; Book. 86; Hadees. 90]

(Al-Muta means contract marriage which is prohibited).

6. Narrated by Sahl Bin Saad & that Nabi & said to a man, "Marry, even with (a Mahr equal to) an iron ring."

[Bukhari: 5150; Book. 67; English vol. 7; Book. 62; Hadees. 80]

In Islam the Mahr is one of the rights of the bride, which is hers, to take in total & is lawful for her to take from her groom.

# Wali (an authorize person) is necessary for a marriage of a bride: -

7. Narrated by Abu Musa 🎄 that Nabi 🐉 said: There is no marriage except with a Wali.

[Tirmizi: 1101; Book. 11, English vol. 2; Book. 6, Hadees: 1101]

# <u> Marriage without proof is adulteress (zina): -</u>

8. Narrated by Ibn Abbas رخى الله عنهيا that Nabi ﷺ said: "The adulteresses are the ones who marry themselves without Baiyinah (proof)"

[Tirmizi: 1103; Book. 11, English vol. 2; Book. 6, Hadees: 1103]

A Muhrim (the one in Ihram) should not get marry nor arrange a marriage: -

9. Usman Bin Affan 🐟 said that Nabi 🐉 said: The Muhrim (the one in Ihram) should not get married, or propose marriage, or arrange a marriage for some else.

[An-Nasa'i: 2842; Book. 24; English vol. 3; Book. 24, Hadees: 2845]

### Woman should not arrange her or other marriage: -

10. Narrated by Abu Hurairah 🧆 that Nabi 🗸 said: "No woman should arrange the marriage of another woman & no woman should arrange her own marriage. The adulteress is the one who arranges her own marriage."

[Ibn Majah: 1956; Book. 9; English vol. 3; Book. 9, Hadees: 1882]

### Marriage not allowed with uncle, nephew, niece, daughter in law & etc: -

11. Narrated by Abu Hurairah 🐞 that Nabi 🐉 said: "A woman & her paternal (father's side) aunt should not be married to the same man; & similarly, a woman & her maternal (mother's side) aunt should not be married to the same man".

[Bukhari: 5109; Book. 67; English vol. 7; Book. 62; Hadees. 45]

### *Means aunt & nieces should not get married to a same person.*

12. Abu Hurairah 🐟 reported that Nabi 🕸 said: "A woman should not be married to one who had married her paternal (father's side) aunt or a paternal aunt to one who had married her brother's daughter or a woman to one who had married her maternal (mother's side) aunt or maternal aunt to one who had married her sister's daughter. A woman who is elder (in relation) must not be married to one who had married a woman who is younger (in relation) to her nor a woman who is younger (in relation) must be married to one who has married a woman who is elder (in relation) to her".

[Abu Dawud: 2065; Book. 12; English Book. 11; Hadees. 2060]

13. Amr Bin Shu'aib narrated from his father, from his grandfather 🐇 that Nabi & said: Whichever man married a woman & entered into her (had intercourse), then it is not lawful for him to marry her daughter. If he did not enter into her then he may marry her daughter. & whichever man married a woman & he entered into her, or he did not enter into her, then it is not lawful for him to marry her mother.

[Tirmizi: 1117; Book. 11, English vol. 2; Book. 6, Hadees: 1117]

## Because a marriage does not gets valid till intercourse is done by the couple.

14. Al-Dahhak Bin Firoz reported on the authority of his father that I said to Nabi 🗸, I have embraced Islam & two sisters are my wives. He 🗸 replied, Divorce any one of them you wish.

[Abu Dawud: 2243; Book. 13; English Book. 12; Hadees. 2235]

## Mut'a (contract or temporary marriage) prohibited: -

15. Narrated by Ali 🐞 that Nabi 🐉 prohibited Al-Mut'a (contract or temporary marriage) & the eating of donkey's meat in the year of the Khaihar hattle

[Bukhari: 5523; Book. 72; Eng. 7; Book. 67; Hadees. 432]

# About breastfeeding & marriage: -

Please note: breastfeeding from a same lady, makes the children foster brother or foster sister means both are foster brother or foster sister & the lady who breastfeeds will be foster mother & marriage between them is prohibited: -

16. A'isha رضى الله عنها said: "In what was sent down in the Quran that ten suckling (breast feed) makes marriage unlawful, but they were abrogated (and substituted) by five known ones (breast feed) & when Nabi & passed away, these words were among what was recited in the Ouran".

[Abu Dawud: 2062; Book. 12; English Book. 11; Hadees. 2057]

17. Narrated by A'isha رضى الله عنها that Nabi 🙈 said: 'Breast-feeding makes (marriage) unlawful the same things that blood tie makes (marriage) unlawful".

[Ibn Majah: 2012; Book. 9; English vol. 3; Book. 9, Hadees: 1937]

18. Narrated by Umme Fadl رض الله عنها, that Nabi 🎄 said: "Breastfeeding once or twice, or suckling once or twice, does not make (marriage) unlawful".

[Ibn Majah: 2016; Book. 9; English vol. 3; Book. 9, Hadees: 1940] Suckling means an infant that is still being only breastfeed (being suckled) by his or her mother & is weaning in not yet started. Weaning is a process to make the baby eat or drink for the first time food from a source other than your breastmilk.

A married woman cannot dispose her wealth without her husband's permission: -

19. Narrated by Amr Bin Shu'aib from his father that he delivered, "It is not permissible for a woman to dispose of her wealth except with her husband's permission, once he has married her".

[Ibn Ma-jah: 2478; Book. 14; English vol. 3; Book. 14, Hadees: 2388]

## Rules about a previously married woman & a virgin or an orphan: -

### Consent is necessary: -

20. Narrated by A'isha رخىالله that she asked Nabi ﷺ, Should the women be asked for their consent to their marriage?" He ﷺ said: "Yes." Then she asked, "A virgin, if asked, feels shy & keeps quiet." He ﷺ said: "Her silence means her consent".

[Bukhari: 6946; Book. 89; English vol. 9; Book. 85; Hadees. 79]

21. Abu Hurairah sonarrated that Nabi said: "An orphan is to be consulted about herself, then if she is silent that is her permission son if she refuses, then do not authorize it (the marriage) for her (meaning: when she attains the age of puberty some refuses it).

[Tirmizi: 1109; Book. 11, English vol. 2; Book. 6, Hadees: 1109]

22. Narrated from Ibn Abbas رحى لله عبيا that Nabi ﷺ said: A previously married woman has more right to decide about herself (regarding to marriage) than her guardian & a virgin should be asked for permission with regard to marriage & her permission is her silence.

[An-Nasa'i: 3260; Book. 26; English vol. 4; Book. 26, Hadees: 3262]

23. Narrated by Khansa Bint Khidam Al-Ansariya رضى لله عنها that her father gave her in marriage, when she was a matron (previously married) & she disliked that marriage. So she went to Nabi & & He & declared that marriage invalid.

[Bukhari: 5138; Book. 67; English vol. 7; Book. 74; Hadees. 69]

24. Narrated by Abu Hurairah & that Nabi & said: "A previously-married woman should not be married until she is consulted & a virgin should not be married until her consent is sought & her consent is her silence".

[Ibn Majah: 1944; Book. 9; English vol. 3; Book. 9, Hadees: 1871]

25. Narrated by Abu Hurairah & that Nabi & said: "A lady slave should not be given in marriage until she is consulted & a virgin should not be given in marriage until her permission is granted." The people said, "How will she express her permission?" Nabi & answered, "By

keeping silent (when asked her consent)." Some people said, "If a man, by playing a trick, presents two false witnesses before the judge to testify that he has married a matron with her consent & the judge confirms his marriage & the husband is sure that he has never married her (before), then such a marriage will be considered as a legal one & he may live with her as husband."

[Bukhari: 6970; Book no. 90; English vol. 9; Book. 86; Hadees. 100]

26. Narrated by Nafi that whenever, Ibn Umar رضي الله عنهيا was asked about marrying a Christian lady or a Jewess, he would say that "Allah has made it unlawful for the believers to marry ladies who ascribe (Shirk) partners in worship to Allah.

> [Bukhari: 5285; Book. 68; English vol. 7; Book. 63; Hadees. 209] (It is a part of a long Hadees).

## Rules for spending days with wives: -

27. Narrated from Anas 🐟 that Nabi 🍇 said: "Three days for a previouslymarried woman & seven days for a virgin".

[Ibn Majah: 1991; Book. 9; English vol. 3; Book. 9, Hadees: 1916]

28. Narrated by Anas sthe tradition, (of Nabi s) is that if someone marry a virgin & he has already a matron (previous) wife (with him), then he should stay with the virgin for seven days; & if someone marry a matron (and he has already a virgin wife with him) then he should stay with her for three days.

[Bukhari: 5213; Book. 67; English vol. 7; Book. 62; Hadees. 140]

Matron here means a previously married woman or a divorcee or widow.

# Rules of proposing a lady: -

29. Narrated by Abu Hurairah 🐗 that Nabi 🕮 said: "None of you should propose marriage to a woman when someone else has already proposed to her, unless he marries (and he gives up the idea), or gives him permission."

[Nasa'i: 3241; Book. 26; English vol. 4; Book. 26, Hadees: 3243]

## Looking a girl or woman with intention to marry: -

30. Narrated by Jabir Ibn Abdullah 🐞 that Nabi 🗸 said: When one of you asked a woman for marriage, if he is able to look at what will induce him to marry her, he should do so. He (Jabir) said: I asked a girl for

marriage, I used to look at her secretly, until I looked at what induced me to marry her. I, therefore, married her.

[Abu Dawud: 2082; Book. 12; English Book. 11; Hadees. 2077]

### Publicize the marriage: -

31. Narrated by A'isha رضىالله عنها that Nabi 🎄 said: "Publicize this marriage & hold it in the Masiid & beat the Duff for it".

[Tirmizi: 1089; Book. 11, English vol. 2; Book. 6, Hadees: 1089]

## Nikah (marriage) should be done in public & let people know about it: -

32. Narrated by A'isha رض الله عنها that Nabi ﷺ said: "Announce this marriage & beat the sieve for it."

[Ibn Majah: 1970; Book. 9; English vol. 3; Book. 9, Hadees: 1895]

## Choose a girl or a woman who is religious & fertile: -

33. Narrated by Abdullah Bin Amr 🐟 that Nabi 🗸 said: "Do not marry women for their beauty for it may lead to their doom. Do not marry them for their wealth, for it may lead them to fall into sin. Rather, marry them for their religion. A black slave woman with piercings who is religious is better."

[Ibn Majah: 1932; Book. 9; English vol. 3; Book. 9, Hadees: 1859]

34. Narrated by Ma'gil Bin Yasar that "A man came to the Nabi & & said: 'I have found a woman who is from a good family & of good status, but she does not bear children, should I marry her?' He 🙈 told him not to. Then he came to Him a second time & He & told him not to (marry her). Then he came to Him the third time & He & told him not to (marry her), then He & said: 'Marry the one who is fertile & loving, for I will boast of your great numbers".

[An-Nasa'i: 3227; Book. 26; English vol. 4; Book. 26, Hadees: 3229]

# Virgins should be first choice: -

35. Narrated by Jabir Bin Abdullah 🐞 that when I got married, Nabi 🐉 asked to me: "What type of lady have you married?" I replied, "I have married a matron (previously married) He & said, "Why, don't you have a liking for the virgins & for fondling them?" Jabir 🕸 also added that Nabi & said: "why didn't you marry a young girl so that you might play with her & she with you?'

[Bukhari: 5080; Book. 67; English vol. 7; Book. 62; Hadees. 17]

### Little celebration during marriage: -

36. Narrated by Amir Bin Saad 🕸 that, "I entered upon Qurazah Bin Ka'b & Abu Masud Al-Ansari 🐞 during a marriage & there were some young girls singing. I said: 'You are two of the Companions of Nabi & who were present at Badr (a holy war) & this is being done in your presence!' They said: 'Sit down if you want & listen with us, or if you want you can go away. We were granted a concession allowing entertainment at marriages.'

[An-Nasa'i: 3383; Book. 26; English vol. 4; Book. 26, Hadees: 3385]

## Sunnah Dua for congratulating a man on his marriage: -

37. Narrated by Abu Hurairah 🐗 that Nabi 🕮 congratulated a man on his بَارَكَ اللَّهُ لَكَ وَبَارَكَ عَلَيْكَ وَجَمَعَ بَيْنَكُمَا فِي خَيْرٍ marriage, He 🕮 said:

Translation: May Allah bless for you & may He bless on you & combine both of you in good (works).

[Abu Dawud: 2130; Book. 12; English Book. 11; Hadees: 2125]

38. Narrated by Anas 🕸 that Nabi 👺 on seeing a yellow mark (of perfume Warss Memecylon) on the clothes of Abdur Rahman Bin Auf, said" What about you?" Ibn Auf replied: I have married a woman with a Mahr of gold equal to a date-stone." Nabi & said:

**Translation:** "May Allah bestow His Blessing on you (in your marriage). Give a wedding banquet, (Walima) even with one sheep".

[Bukhari: 6386; Book. 80; English vol. 8; Book. 75; Hadees. 395]

# <u> About Valima (a marriage party given by groom): -</u>

39. Narrated by Sabit 🐗 that marriage of Zainab Bint Jahash رضىالله عنها , was mentioned in the presence of Anas 🕸 & he said: "I did not saw Nabi 🐉 giving a better banquet (valima) on marrying any of His & wives than the one He gave on marrying Zainab. He & then gave a banquet with one sheep".

[Bukhari: 5171; Book. 67; English vol. 7; Book. 62; Hadees. 100]

40. Narrated by Abu Musa shat Nabi said: Set the captives free, accept the invitation (to a marriage banquet, valima) & visit the patients.

[Bukhari: 5174; Book. 67; English vol. 7; Book. 62; Hadees. 103]

41. Narrated by Abu Hurairah & that Nabi & said: 'The marriage feast on the first day is an obligation, on the second day is a custom & on the third day is showing off".

[Ibn Majah: 1990; Book. 9; English vol. 3; Book. 9, Hadees: 1915]

42. Narrated by Anas & that Nabi & manumitted Safiya وضي لله عنها & then married her & her Mahr was her manumission & he gave a marriage banquet with Hais (a sort of sweet dish made from butter, cheese & dates).

[Bukhari: 5169; Book. 67; English vol. 7; Book. 62; Hadees. 98]

43. Narrated by Abu Hurairah & that the worst food is that of a marriage banquet to which only the rich are invited while the poor are not invited. & he who refuses an invitation (to a banquet) disobeys Allah & His Apostle ...

[Bukhari: 5177; Book no. 67; English vol. 7; Book. 62; Hadees. 106]

44. Narrated by Anas state Nabi saw the women & children (of the Ansar) coming forward. (The sub-narrator said: I think that Anas said: They were returning from a marriage party) Nabi stood up & said thrice, By Allah! You are from the most beloved people to me.

[Bukhari: 3785; Book. 63; English vol. 5; Book. 58; Hadees. 129]

# About menstruating wives: -

45. Maimunah رضى said that Nabi الله would contact & embrace any of his wives while she was menstruating. She would wear the wrapper up to half the thighs or cover her knees with it.

[Abu Dawud: 267; Book. 1; English Book. 1; Hadees. 267]

46. Narrated by Maimunah رخىالله said that Nabi ه would fondle one of his wives while she was menstruating, if she wore an Izar (waist wrap) that reached halfway down to the middle of her thighs or to her knees." In the narration of Al-Laith is said: Being covered with it.

[An-Nasa'i: 289; Book. 1; English vol. 1; Book. 1, Hadees: 288]

#### A'isha رضى الله عنا & Nabi 🍇 got married in the month of Shawwal: -

47. Narrated by Urwah that A'isha رضى الله عنها said: "Nabi ﷺ married me in Shawwal & my marriage was consummated in Shawwal." A'isha رضى الله عنها liked women's marriages to be consummated in Shawwal & which of his wives was more beloved to him than me?

[An-Nasa'i: 3236; Book. 26; English vol. 4; Book. 26, Hadees: 3238]

## Nabi ﷺ did not marry any other woman till her (Khadija's رضي الله عبا): -

48. A'isha رضىالله عنها reported that Nabi ﷺ did not marry any other woman till her (Khadija's رضىالله عنها) death.

[Muslim: 2436; Book. 44; English Book. 31; Hadees. 5975]

Khadija رضى الله عنها was 1st wife of Nabi 🍇.

#### - : رفي الله عنها Marriage of Fatimah

49. Narrated by Abdullah Bin Buraidah that his father said: Abu Bakr & & Umar & proposed marriage to Fatimah رهى لله عنها but Nabi ﷺ said: She is young. Then Ali & proposed marriage to her & He & married her to him".

[Nasa'i: 3221; Book. 26; English vol. 4; Book. 26, Hadees: 3223]

50. Narrated by A'isha & Umme Salma رهى الله عبيا that Nabi هه commanded us to prepare Fatimah رهى الله (for her marriage) & take her to Ali هه. We went to the house & sprinkled it with soft earth from the land of Batha'. Then we stuffed two pillows with (date-palm) fiber which we picked with our own hands. Then we offered dates & raisins to eat & sweet water to drink. We went & got some wood & set it up at the side of the room to hang the clothes & water skins on. & we never saw any marriage better than the marriage of Fatimah رحى الله عبد الله

[Ibn Majah: 1986; Book. 9; English vol. 3; Book. 9, Hadees: 1911]

# Suleman 🕮 had sixty wives: -

51. Narrated by Abu Hurairah 🐗 that, Allah's Prophet Suleman 🕮 had sixty wives.

[Bukhari: 7469; Book. 97; English vol. 9; Book. 93; Hadees. 561]
(It is a part of a long Hadees).

# A man having two wives: -

52. Abu Hurairah an arrated that Nabi said: "When a man has two wives & he is not just between them, he will come on the Day of Judgment with one side drooping".

[Tirmizi: 1141; Book. 11, English vol. 2; Book. 6, Hadees: 1141]

53. Narrated by Abu Hurairah 🐗 that, Nabi 🗸 said: Whoever has two wives & is inclined to favor one of them over the other, he will come on the day of resurrection with half of his body leaning.

[An-Nasa'i: 3942; Book. 36; English vol. 4; Book. 36, Hadees: 3394]

#### Rules for spending days with wives: -

54. Narrated from Anas sthat, Nabi said: "Three days for a previously-married woman & seven days for a virgin".

[Ibn Majah: 1991; Book. 9; English vol. 3; Book. 9, Hadees: 1916]

55. Narrated by Anas the tradition, (of Nabi ) is that if someone marries a virgin & he has already a matron (previous) wife (with him), then he should stay with the virgin for seven days; & if someone marries a matron (and he has already a virgin wife with him) then he should stay with her for three days.

[Bukhari: 5213; Book. 67; English vol. 7; Book. 62; Hadees. 140]

#### Number of wives before accepting Islam: -

56. Ibn Umar رخى الله عبيا narrated that, "Ghilan Bin Salamah Ath-Saqafi ه accepted Islam & he had ten wives in Jahiliyyah (before accepting Islam) who accepted Islam along with him, So Nabi ه ordered (him) to choose four (of them)".

[Tirmizi: 1128; Book. 11, English vol. 2; Book. 6, Hadees: 1128]

57. Yahya related to me from Malik that Ibn Shihab said: I have heard that Nabi & said to a man from Thaqif who had ten wives when he became Muslim, take four & separate from the rest.

[Muwatta Malik: 1238; Book. 29, English Book. 29, Hadees: 76]

# The best person is, who is best to his wives: -

58. Narrated by Ibn Abbas رضى لله that Nabi ﷺ said: The best of you is the one who is best to his wife & I am the best of you to my wives".

[Ibn Majah: 2053; Book. 9; English vol. 3; Book. 9, Hadees 1977]

# Rules of divorce & remarriage: -

59. Narrated by Ali Bin Abu Talib 🐞 that Nabi 🕸 said: "There is no divorce before marriage".

[Ibn Majah: 2127; Book. 10; English vol. 3; Book. 10, Hadees: 2049]

## Divorce disliked by Allah: -

60. Narrated by Abdullah Ibn Umar رضيالله عنبيا that Nabi ﷺ said: "Of all the lawful acts the most detestable to Allah is divorce".

[Abu Dawud: 2178; Book. 13; English Book. 12; Hadees. 2173]

#### Divorce & remarriage: -

61. Narrated by A'isha رضى الله عنها that a man divorced his wife thrice (by *expressing his decision to divorce her thrice*), then she married another man who also divorced her. Nabi & was asked if she could legally marry the first husband (or not). Nabi & replied: No, she cannot marry the first husband unless the second husband consummates his marriage with her, just as the first husband had done.

[Bukhari: 5261; Book. 68; English vol. 7; Book. 63; Hadees. 187]

62. Narrated by A'isha رضى الله عنها that Nabi 🎄 was asked about a man who divorced his wife & she married another man who had a closed meeting with her then divorced her, before having intercourse with her. Is it permissible for her to remarry the first husband? Nabi 🙈 replied: No, not until the second one tastes her sweetness & she tastes his sweetness."

[Nasa'i: 3407; Book. 27; English vol. 4; Book. 27, Hadees: 3436]

# Divorce not allowed to be given during menstruation & pregnancy: -

63. Narrated by Abdullah 🎄 that "The Sunnah divorce is to divorce her when she is pure (not menstruating) without having had intercourse with her."

[Nasa'i: 3395; Book. 27; English vol. 4; Book. 27, Hadees: 3424]

64. Narrated by Ibn Umar رضى الله عنهيا that he divorced his wife while she was menstruating. This was mentioned to Nabi & & He & said: Tell him to take her back, then divorce her while she is pure (paak) (not menstruating) or pregnant.

[Nasa'i: 3397; Book. 27; English vol. 4; Book. 27, Hadees: 3426]

65. Narrated by Abdullah & that, "The Sunnah divorce is a divorce issued when she is pure (not menstruating) without having had intercourse with her. If she menstruates & becomes pure again, give her another divorce & if she menstruates & becomes pure again, give her another divorce, then after that, she should wait for another menstrual cycle." (One of the narrators) Al-A'mash said: "I asked Ibrahim & he said something similar".

[Nasa'i: 3394; Book. 27; English vol. 4; Book. 27, Hadees: 3423]

66. Narrated by Mutarrif Ibn Abdullah that Imran Ibn Husayn was asked about a person who divorces his wife & then has intercourse with her, but he does not call any witness to her divorce nor to her restoration. He said: You divorced against the Sunnah & took her back against the Sunnah. Call someone to bear witness to her divorce & to her return in marriage & do not repeat it.

[Abu Dawud: 2186; Book. 13; English Book. 12; Hadees. 2181]

67. Ibn Umar رض لله عبيا was asked about a man who divorced his wife when she was menstruating; he said: "If it is the first or second divorce, Nabi & would tell him to take her back & keep her until she has menstruated again & purified herself & then divorce her before having intercourse with her. But if it was three simultaneous divorces, then you have disobeyed Allah with regard to the way in which divorce should be conducted & your wife has become irrevocably divorced."

[Nasa'i: 3557; Book. 27; English vol. 4; Book. 27, Hadees: 3587]

68. Abu Al-Sahba' said to Ibn Abbas رخىالله عنها that enlighten us with your information whether the three divorces (pronounced at one & the same time) were not treated as one during the lifetime of Nabi & & Abu Bakr . He replied: It was in fact so, but when during the caliphate of Umar رخى الله عنها people began to pronounce divorce frequently, he allowed them to do so (to treat pronouncements of three divorces in a single breath as one).

[Muslim: 1472 C; Book. 18; English Book. 9; Hadees. 3493]

69. Yahya related to me from Malik from Humayd At-Tawil that Anas Ibn Malik & said: "A virgin has seven nights & a woman who has been

previously married (divorcee or widow) has three nights." Malik affirmed, "That is what is done among us" & Malik added, "If the man has another wife, he divides his time equally between them after the marriage nights. He does not count the marriage nights against the one he has just married".

[Muwatta Malik: 1109; Book. 28, English Book. 28, Hadees: 15]

Means if a man has two or more wives than it is Sunnah to spend 7 nights with a virgin wife (means this is hers first marriage) & if he has married a divorcee or widow he should spend 3 nights with her, excluding the marriage night.

#### Nabi 🕮 never beat His wives: -

70. Narrated by A'isha رضى الله عنها that Nabi ﷺ never beat any of His servants, or wives & His Hand never hit anything".

[Ibn Majah: 2060; Book. 9; English vol. 3; Book. 9, Hadees: 1984]

#### Kissing & embracing is allowed with menstruating wife: -

71. Narrated by one of wife of Nabi & that Ikrimah reported on the authority of one of the wife of Nabi & saying that When Nabi & wanted to do something (i.e. kissing, embracing) with (His) menstruating wife, He & would put a garment on her private part.

[Abu Dawud: 272; Book. 1; English Book. 1; Hadees: 272]

But intercourse is not allowed.

# Be good with your wife: -

72. Narrated by Ibn Abbas رض الله عنهيا that Nabi ﷺ said: "The best of you is the one who is best to his wife & I am the best of you to my wives".

[Ibn Majah: 2053; Book. 9; English vol. 3; Book. 9, Hadees: 1977]

# <u>Drawing lots between wives is Sunnah to take your one wife on journey: -</u>

73. Narrated by A'isha رضى الله عنها that Nabi ﷺ traveled, He ﷺ would cast lots among his wives (to decide which one would accompany Him).

[Ibn Majah: 2347; Book. 13; English vol. 3; Book. 13, Hadees: 2347]

# Treat your wives equally: -

74. Abu Hurairah 🐟 narrated that Nabi 🖓 said: "When a man has two wives & he is not just between them, he will come on the Day of Judgment with one side drooping".

[Tirmizi: 1141; Book. 11, English vol. 2; Book. 6, Hadees: 1141]

#### Rules in general who has more than one wife: -

- 1. If a person has more than one wife it is obligation (Wajib) upon him to treat each one equally. Whatever he gives to one wife, the other wife also has the right to claim something equal to that in value. This rule of equality applies to all types of wives, i.e. whether both were virgins at the time of marriage, both were previously married or one was a virgin at the time of marriage while the other had been previously married. If he spends one night with one wife, he will have to spend one night with the other wife as well. If he spends two or three nights with one wife, he will have to do the same with the other wife as well. Whatever wealth, jewellery, clothes, etc. he gives to one wife, the other wife also has the right to claim something equal to that in value.
- 2. If a person marries a second woman, the rights of this new wife & the rights of the old wife are the same. There is no difference in rights between the two.
- 3. Equality is based on spending the nights & it is not necessary to spend an equal time with them during the day. If a person spends more time with one wife during the day & less time with the other, there is no harm in this. However, it is obligation (Wajib) to spend an equal time with them at night. If a person goes to one wife immediately after Maghrib Salah & the following day he goes to the other wife after *Isha Salah*, he will be sinning. However, if a person's occupation is such that he works at night & remains at home during the day; for him, the basis of equality will be the day. For example, a night watchman or guard will have to base his equality with his wives according to the day & not the night.
- 4. There is no equality in engaging in sexual intercourse in the sense that if a person engages in sexual intercourse with one wife, it is not necessary for him to engage in sexual intercourse with the other wife as well.

- 5. The man has to maintain equality in allocating nights to his wives irrespective of whether he is ill or not.
- 6. There is no sin in loving one wife more than the other because these matters are connected to the heart & one does not have any control over one's heart.
- 7. Equality is not obligation (Wajib) when embarking on a journey. The husband can take whichever wife he wishes. However, it is preferable to cast a (draw) lot & to take the wife in whose favour the lot was drawn. In this way there will be no unhappiness or disgruntlement.

#### Persons with whom marriage (nikah) is Haram: -

- 1. Marriage with one's children, grand-children, great grand-children etc is not permissible. Nor is marriage with one's parents, grand-parents, maternal grand-parents etc permissible.
- 2. Marriage with one's brothers, uncles & nephews is not permissible. According to the Islam (Shari'ah), a brother is one whose mother & father are the same, or they have one father but two mothers, or one mother but different fathers. They are all brothers. But if the father is different & the mother is also different; that person will not be a brother. Marriage (Nikah) between them is allowed & will be valid.
- 3. Marriage with one's son-in-law is not permissible. This is irrespective of whether the daughter is already living with him or not. In all cases, marriage (Nikah) with him is haram.
- 4. If a girl's father passes away & her mother marries another person. & however, before the mother could even live with her new husband & did not have intercourse, she passes away or he divorced her. In such a case, the girl can marry this step-father of hers because the marriage did not have valid yet. However, if the mother lived with him, it will not be permissible for this girl to marry him.
- 5. Marriage with one's step-children is not valid. In other words, if a man has several wives, then one of the wives cannot marry the children of the co-wives. This is irrespective of whether she had lived with her husband or not. Marriage with these children is prohibited under all circumstances.

- 6. It is not permissible for a woman to marry her father-in-law or even the father or grand-father of her father-in-law.
- 7. As long as a sister is married to her husband, it is not permissible for another sister to marry this brother-in-law of hers. However, if her sister passes away or he divorces her & she completes her iddah period, it will be permissible for the other sister to marry her brother-in-law. In the case where the brother-in-law divorces the first sister, it is not permissible for the second sister to marry her brother-in-law until her sister completes her iddah period.
- 8. If two sisters marry one person, the marriage of the sister whose marriage was performed first will be valid while the marriage of the sister whose nikah was performed later will not be valid.
- 9. A man married a woman. As long as he remains married to her, he cannot marry her maternal (mother's side) & paternal (father's side) aunts & nieces.
- 10. If the relationship between two women is such that if we had to regard one of them as a man, their marriage will not be valid, then such two women cannot marry a person at the same time. When one of them passes away or one of them is divorced & completes her iddah, only then will it is permissible for the person to marry the other woman.
- 11. If a woman & her step-daughter marry a person at the same time, the marriage will be valid.
- 12. Adoption is not considered in the Islam (Shar i 'ah). By adopting a boy, he does not become one's son. It is therefore permissible to marry one's adopted son.
- 13. If a man is not one's real uncle but he becomes an uncle through some other distant relationship, marrying him is permissible. Similarly, if a man happens to be one's paternal (father's side) uncle or nephew through some distant relationship, marriage (Nikah) with him is permissible. Marriage (Nikah) with one's cousins is also valid irrespective of whether they are paternal (father's side) or maternal (mother's side) cousins.

- 14. Two women who are not blood sisters but are maternal or paternal cousins are permitted to marry one man at the same time. In the presence of such a cousin, another cousin can also marry the same man. The same rule applies to a very distant maternal or paternal aunt. That is, the niece & this distant maternal or paternal aunt can marry the same man at one time.
- 15. All the relations which become <u>h</u>aram on account of lineage also become <u>h</u>aram on account of breast-feeding. In other words, if a girl is breast-fed by a particular woman, then this girl cannot marry the latter's husband because he will now be regarded as her father. A girl who has been breast-fed by a particular woman cannot marry a boy who has been breast-fed by the same woman. Nor can this girl marry the children of this woman because she is also regarded as a child of this woman. All the maternal & paternal uncles & maternal & paternal nephews who become related due to this breast-feeding also become <u>h</u>aram on this girl.
- 16. If two girls have been breast-fed by one woman, they cannot marry the same man at one time. In other words, whatever has been explained previously, will also apply to relations based on breast-feeding.
- 17. A man committed adultery with a certain woman. Now it will not be permissible for her mother or her children to marry this man.
- 18. Due to the passions of youth, a woman touched a man with evil intentions. It will now not be permissible for her mother or her children to marry this man. Similarly, if a man touches a woman with evil intentions, her mother & her children will be <a href="https://doi.org/10.1007/j.com/her-nother-2">her children will be haram on him.</a>
- 19. In the middle of the night, a man decided to awaken his wife. However, he mistakenly touched his daughter or his mother-in-law. Thinking them to be his wife, he touched them with the passions of youth. Now, this man will become <a href="https://paramon.night.n
- 20. If a boy touches his step-mother with an evil intention, she will become  $\underline{h}$  aram on her husband. There is no way in which she can be  $\underline{h}$  alal for him. If the step-mother touches her step-son with an evil intention, the same rule will apply.

- 21. A Muslim woman cannot marry a man who belongs to any other religion. She can only marry a Muslim man.
- 22. A woman's husband divorced her or he passed away. As long as she does not complete her iddah, she cannot marry anyone else.
- 23. Once a woman marries a man, she cannot marry another person unless & until she is divorced by this person & also completes her iddah.
- 24. If a woman is not married & she falls pregnant due to adultery, it will be permissible to marry her. However, it will not be permissible to have intercourse with her until she delivers the child. But if the woman marries the same person who had committed adultery with her, it will be permissible for the person to have intercourse with her.
- 25. If a person has four wives, he cannot marry a fifth woman. If he happens to divorce one of his four wives, another woman cannot marry him until the one who is divorced completes her iddah.

#### Scientific benefits of Marriage: -

- Consistent research has shown that being married is actually good for your heart. In one recent study out of New York University's Lagone Medical Center, researchers found that married men & women had a five percent lower chance of cardiovascular disease compared to single people.
- 2. According to Robin Simon, a professor of sociology at Wake Forest University, marriage has for a long time been associated with better mental health. At this point, hundreds of studies document a robust relationship between marriage & improved mental health: Married people report significantly fewer symptoms of depression & are significantly less likely to abuse substances than their non-married counterparts.
- 3. Getting married is a good way to live longer at least that's what research says. Having a family & living with a spouse gives individuals something to live for, compared to their single counterparts who may have been used to living a self-centered life. Researchers have also found that men, in particular, are benefit from

- marriage. They're less likely to commit suicide than their single counterparts & they're more likely to do things like go to the doctor, get their check-ups, stop drinking alcohol & take their medication because their wives stay on top of them. Likewise, one study found that married people recovered much quicker from surgery than single people, because they had someone to take care of them.
- 4. Researchers from the University of Chicago found that marriages lower the stress hormones by dampening the cortisol hormone responses to psychological stress, also lowers testosterone levels.
- 5. Marriage facilitates sex & it acts as a pain reliever. The hormone oxytocin (a nine amino acid peptide that is synthesized in hypothalamic neurons & transported down axons of the posterior pituitary for secretion into blood) secretes within your body whenever you engage in sexual activity. Because of this secretion, endorphins (hormone-like chemicals that bear a close functional resemblance to morphine) are released & pain reliefs. & after an orgasm, an intense wave of calm & relaxation overcomes humans (that's why men usually fall asleep) & it's a time when people can truly liberate themselves & let go. Plenty of people who enjoy a regular dose of sex convey that they sleep much better during the night & feel alive & refreshed throughout the day. So, one of the health benefits of sex is a better night's sleep, which allows you to handle day-to-day stress much more efficiently. Our blood starts to pump at a quicker rate & thus, blood flow to our brain & other organs increases. Both an increased heart rate & more blood pumping through the brain result in better performance (in & out of the bedroom).
- 6. The fresh supply of blood pumping through your body provides the organs with a healthy dose of oxygen & rids the body of old & wasteful products. & there are many more benefits.

# Conclusion of Hadees:

Refer above Rules in general who has more than one wife.

Sexual interaction between the husband & his wife should always be done privately. Intercourse should be performed away from others' observation, including one's children who live in the same house.

Nabi & also prohibited men & women from talking to others about the details of what happens in their bedrooms. One is only allowed to reveal what is necessary when there are good reasons, such as medical issues.

Nabi & recommended the husband to be kind to his bride & to comfort her by offering her something to drink when they meet the first time after the wedding.

Narrated Imam Ahmad from the Hadees of Asmaa Bint Yazeed Ihn Al-Sakin الله عنها for Nabi الله عنها for Nabi هير for Nabi هير الله عنها هي الله عنها له عنها هي الله عنها هي الله عنها إلى الله Then He & came & I called Him to see her in all her beauty. He & came & sat next to her. He & was brought a large cup that contained milk. He & drank & then handed it to her. She lowered her head & was shy. Asmaa then says: I rebuked her & told her to take it from the Hand of رضي الله عنها Nabi & She took it & drank some."

Nabi & recommended the couple to start every intercourse by saying: Bismillahir Rahmanir Rahim (In the Name of Allah) & by praying to Allah (making a Dua) to protect them from Shaitaan & to protect the child from devil (shaitaan) if a child comes from that intercourse.

In Tirmizi it is mentioned to recite this Dua:

[Tirmizi: 1092; Book. 11, English vol. 2; Book. 6, Hadees. 1092]

Nabi & said: "If any one of you marries a woman, he should take her by the forelock, mention Allah's name (saying: "In the Name of Allah") & pray blessings by saying, O' Allah! I ask you for her good & the good of what you have dispositioned her toward & I seek refuge from her evil & the evil you have dispositioned her toward' "

[Bukhari in Khalaq Afaal al-Ibaad, page 22]

He should place his hand upon the front part of her head at the time when he first starts to approach her or after that. He should mention the name of Allah Almighty & then pray for blessings & then say the

supplication that was taught to us by Nabi &: "O Allah! I ask of you the good of her & the good of what you have placed in her nature & I seek refuge with you from the bad in her & the bad that you have placed in her nature".

[Abu Dawud: 2160, Ibn Majah: 1918, Mustadrak Hâkim: 2811, Bayhaqî: 7/148]

The groom & the bride are also recommended to pray two Raka'ats together when they meet on the first day of marriage.

It was narrated that Abu Saeed 🚓 the freed slave of Abu Usavd, said: I got married when I was a slave & I invited some of the Companions Nabi 🗸 among who were Ibn Masood, Abu Dharr & Huzaifa 🔈 & they taught me & said: When your wife enters upon you, pray two rakahs, then ask Allah, may He be exalted, for the good of what has entered upon you & seek refuge with Him from its evil, then go ahead & approach your wife.

[Ibn Abi Shaybah in al-Musannaf: 3/401, Abd Al-Razzaq in Al-Musannaf: 6/191] It is highly recommended that the wedding should take place at night. The Hadees says, "Take the bride to her new home during the night." When the bride enters the room, the groom is recommended to take off her shoes & wash her feet (in a washbowl) & then sprinkle the water around the room. Then he should perform wazoo & pray two rak'at sunnat prayers & then recite the following dua:

**Translation:** O Allah! Bless me with her affection, love & her acceptance of me; & make me pleased with her & bring us together in the best form of a union & in absolute harmony; surely You like lawful things & dislike unlawful things.

Then he should ask the bride to do wazoo & pray two rak'at sunnat prayers. When they are ready to go to bed, the groom should put his hand on the bride's forehead & pray the following du'a while facing the qiblah.

# ٱللَّهُمَّ بِأَمَانَتِكَ آخَنُهُ المَّاوَبِكَلِمَاتِكَ اِسْتَحْلَلْتُهَا فَإِنْ قَضَيْتَ لِيُمِنْهَا وَلَلَّا فَاجْعَلْهُ مُبَارَكًا تَقِيًّا مِّنْ شِيْعَةِ آلِ مُحَمَّدٍ وَّلاَ تَجْعَلْ لِلشَّيْطَانِ فِيْهِ شِرُكًا وَّ لاَنْصِيْبًا.

<u>Translation</u>: O Allah! I have taken her as Your trust & have made her lawful for myself by Your words. Therefore, if You have decreed for me a child from her, then make him/her blessed & pious from among the followers of the Family of Muhammad (peace be upon him & them); & do not let Satan have any part in him/her.

.....This lesson has 74 Hadees......

# Lesson no. 72. Veil (Hijab):

## Quranic references of Hijab: -

Chapter (Surah) 33 Al-Ahzab verse no. (Ayah) 59

سورةالاحزاب: ٩ ه Surah Al-Ahzaab: 59

يَا أَيُّهَا النَّبِيُّ قُل لِّأَزُوَاجِكَ وَبَنَاتِكَ وَنِسَاءِ الْمُؤْمِنِينَ يُدُنِينَ عَلَيْهِنَّ مِن جَلَابِيجِهِنَّ ۚ ذَٰلِكَ أَدُنَى أَن يُعْرَفُنَ فَلَا يُؤْذَيْنَ وَكَانَ اللَّهُ غَفُورًا رَجِيًا ﴿ وَ كَانَ اللَّهُ غَفُورًا رَجِيًا ﴿ وَ هِ اللَّهُ عَلَيْهِ اللَّهُ اللَّهُ عَلَيْهِ اللَّهُ اللَّهُ عَلَيْهِ اللَّهُ اللَّهُ عَلَيْهِ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ عَلَيْهِ اللَّهُ اللَّهُ عَلَيْهِ اللَّهُ اللَّهُ اللَّهُ عَلَيْهِ اللَّهُ الللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّ

"O Prophet! Tell thy wives & daughters & the believing women that they should cast their outer garments over their persons (when abroad): that is most convenient that they should be known (as such) & not molested: & Allah is Oft-Forgiving Most Merciful".

# Chapter (Surah) 24 An-Noor verse no. (Ayah) 31

سورةالنور: ۳۱ Surah Al-Noor: 31

وَقُل لِّلْمُؤُمِنَاتِ يَغْضُضَ مِن أَبْصَاْدِهِنَّ وَيَخْفَظُنَ فُرُوجَهُنَّ وَلَا يُبُدِينَ 
زِينَتَهُنَّ إِلَّا مَا ظَهَرَ مِنْهَا ﴿ وَلَيَضْرِبُنَ يَخْهُرِهِنَّ عَلَى جُيُومِنَ ﴿ وَلَا يُبُدِينَ 
زِينَتَهُنَّ إِلَّا مَا ظَهَرَ مِنْهَا ﴿ وَلَيَضْرِبُنَ يَخْهُرِهِنَّ عَلَى جُيُومِنَ ۚ وَلَا يُبُدِينَ 
زِينَتَهُنَ إِلَّا لِبُعُولَتِهِنَّ أَوْ اَبَاعِهِنَّ أَوْ اَبَاءِ بُعُولَتِهِنَّ أَوْ أَبْنَاعِهِنَّ أَوْ اَبَعِينَ أَوْ اَبَاءِ بُعُولَتِهِنَّ أَوْ نِسَاعِهِنَّ أَوْ السِّفُولَ الْإِرْبَةِ مِنَ الرِّجَالِ أَوِ السِّفُولِ 
مَلَكَتْ أَيْمَانُهُنَّ أَوْ السَّاعِينَ غَيْرٍ أُولِي الْإِرْبَةِ مِنَ الرِّجَالِ أَوِ السِّفُولِ 
مَلَكَتْ أَيْمَانُهُنَّ أَوِ السَّاعِينَ غَيْرٍ أُولِي الْإِرْبَةِ مِنَ الرِّجَالِ أَوِ السِّفُولِ 
مَلَكَتْ أَيْمَانُهُنَّ أَوْ السَّاعِينَ غَيْرٍ أُولِي الْإِرْبَةِ مِنَ الرِّجَالِ أَوِ السِّفُولِ 
الَّذِينَ لَمْ يَظُهُرُوا عَلَى عَوْرَاتِ النِّسَاءِ ﴿ وَلَا يَضْرِبُنَ بِأَرْجُلِهِنَّ لِيُعْلَمَ 
الَّذِينَ لَمْ يَظُهُرُوا عَلَى عَوْرَاتِ النِّسَاءِ ﴿ وَلَا يَضْرِبُنَ بِأَرْجُلِهِنَّ لِيُعْلَمَ 
مَا يُغْفِينَ مِن زِينَتِهِنَ ۚ وَتُوبُوا إِلَى اللَّهِ جَمِيعًا أَيُّهُ الْمُؤْمِنُونَ لَعَلَّمُهُ 
مُلْكُونَ ﴿ اللَّهُ عَمِيعًا أَيُّهُ الْمُؤْمِنُونَ لَعَلَّمُ 
مَا يُغْفِينَ مِن زِينَتِهِنَ ۚ وَتُوبُوا إِلَى اللَّهِ جَمِيعًا أَيُّهُ الْمُؤْمِنُونَ لَعَلَيْمُ

"And say to the believing women that they should lower their gaze & guard their modesty; that they should not display their beauty &

ornaments except what (must ordinarily) appear thereof; that they should draw their veils over their bosoms & not display their beauty except to their husbands, their fathers, their husband's fathers, their sons, their husbands' sons, their brothers or their brothers' sons, or their sisters' sons, or their women, or the slaves whom their right hands possess, or male servants free of physical needs, or small children who have no sense of the shame of sex; & that they should not strike their feet in order to draw attention to their hidden ornaments. & O' ye Believers! turn ye all together towards Allah, that ye may attain Bliss".

# Revealing of veiling (Hijab) verses of Quran: -

1. Narrated by Anas & that I know (about) the Hijab (the order of veiling of women) more than anybody else. Ubai Bin Ka`b & used to ask me about it. Nabi & became the bridegroom of Zainab Bint Jahsh رحى الله عنها whom He & married in Madinah. After the sun had raised high in the sky, Nabi & invited the people to a meal. Nabi remained sitting & some people remained sitting with Him after the other guests had left. Then Nabi got up & went away & I too, followed Him till He reached the door of A'isha's رحى الله عنها room. Then He hought that the people must have left the place by then, so He returned & I also returned with Him. Behold, the people were still sitting at their places. So He went back again for the second time & I went along with Him too. When we reached the door of A'isha's رحى الله عنها room, He returned & I also returned with Him to see that the people had left. Thereupon Nabi hung a curtain between me & Him & the Verse regarding the order for (veiling of women) Hijab was revealed.

[Bukhari: 5466; Book. 70; English vol. 7; Book. 65; Hadees. 375]

2. Anas Bin Malik المحيالة said that Zainab Bint Jahsh رحى لله عبا used to boast to other wives of Nabi ه saying: Allah married me to Him ه from above the Heavens. & the Verse of Hijab was revealed concerning her.

[Nasa'i: 3252; Book. 26; English vol. 4; Book. 26, Hadees: 3254]

3. Narrated by Anas Bin Malik اله that, the verse of Al-Hijab (veiling of women) was revealed in connection with Zainab Bint Jahsh رحى الله عنها.

(On the day of her marriage with Him) Nabi ه gave a marriage banquet with bread & meat; & she used to boast before other wives of Nabi ه & used to say, "Allah married me (to Nabi ه)".

[Chapter 33, Surah Ahzab verse no. 53]

# يَاأَيُّهَا الَّذِينَ آمَنُوا لَا تَلْخُلُوا بُيُوتَ النَّبِيِّ إِلَّا أَنْ يُؤْذَنَ لَكُمْ إِلَىٰ طَعَامٍ غَيْرَ نَاظِرِينَ إِنَّالُا

<u>Translation:</u> 'O you who believe! Enter not the Prophet's houses until leave is given to you for a meal, (and then) not (so early as) to wait for its preparation, ask them from behind a screen.' (33.53) So the screen was set up & the people went away.

[Bukhari: 7241; Book. 97; English vol. 9; Book. 93; Hadees. 517]

#### Umar 👛 advised for veils: -

4. Narrated by Umar that I said: Oh! Rasoolullah good & bad persons enter upon you, so I suggest that you order the mothers of the Believers (*i.e.* your wives) to observe veils. Then Allah revealed the verse of Al- Hijab.

[Bukhari: 4790; Book. 65; English vol. 6; Book. 60; Hadees. 313]

#### Veils (Hijab) not required for uncle: -

5. Narrated by A'isha حى الله that Aflah, the brother of Abul Quais, asked permission to visit me after the order of Al-Hijab was revealed. I said: I will not permit him unless I take permission of Nabi & about him for it was not the brother of Abul Quais but the wife of Abul Quais that nursed me. Nabi & entered upon me & I said to Him: O Rasoolullah &! Aflah, the brother of Abul Quais asked permission to visit me but I refused to permit him unless I took your permission. Nabi & said: What stopped you from permitting him? He is your uncle.

[Bukhari: 4796; Book. 65; English vol. 6; Book. 60; Hadees. 319]

# <u>Veils (Hijab) necessary to be done for every woman infront of mehram</u> <u>(by whom marriage is allowed): -</u>

would sit before me & talk to me, until I came to her one day & said: Pray for blessing for me, O Mother of Believers. She said: Why is that? I said: Allah has set me free. She said: May Allah bless you. Then she lowered the Hijab before me & I never saw her again after that day.

[Nasa'i: 100; Book. 1; English vol. 1; Book. 1, Hadees: 100]

## Veils (Hijab) are for both male & female: -

7. Umme Salma رضى الله عنها said that I was with Nabi ه along with Maimunah رضى الله عنها when Ibn Umme Maktoom ه (who was blind) came to visit him. (This incident took place after the order of Hijab). Nabi ه told us to hide ourselves from him (i.e., observe Hijab). We said: "O Rasoolullah ه, he is blind & is unable to see us, nor does he know us." He ه replied: "Are you also blind & unable to see him?"

[Riyadh As-Salihin: 1626 Book. 18; English Book. 18; Hadees. 116]

8. Narrated by A'isha رضى لله عنها that may Allah have mercy on the early immigrant women. When the verse "*That they should draw their veils over their bosoms*" was revealed, they tore their thick outer garments & made veils from them.

[Abu Dawud: 4102; Book 34; English Book. 33; Hadees. 4091]

9. It was narrated from Urwah that A'isha رخى لله عنها said that Nabi ه used to pray Fajr & the believing women would attend (the prayer) with Him, wrapped in their aprons, then they would go back to their houses & no one would recognize them.

[Muslim: 645 A; Book. 5; English Book. 4; Hadees. 1345]

10. It was narrated that A'isha رضىالله عنه said: "The riders used to pass by us when we were with Nabi ﷺ in Ihraam & when they drew near to us we would lower our jilbabs from our heads over our faces, then when they had passed we would uncover them again.

[Abu Dawud: 1833; Book. 11; English Book. 10; Hadees. 1829]

11. It was narrated that Asma Bint Abi Bakr رضى الله عنها said: We used to cover our faces in front of men.

[Ibn Khuzaimah, 4/203; Haakim: 1/624]

12. It was narrated that Aasim Al Ahwaal said: We used to enter upon Hafsah Bint Sireen who had put her jilbab thus & covered her face with it & we would say to her: May Allah have mercy on you. Allah says (means): & as for women past childbearing who do not expect

wedlock, it is no sin on them if they discard their (outer) clothing in such a way as not to show their adornment (Noor: 60). & she would say: What comes after that? We would say: But to refrain (i.e. not to discard their outer clothing) is better for them. & she would say: That is confirming the idea of hijab.

[Al-Bayhaqi: 7/93]

13. Narrated by A'isha رخى الله عنيا that she used to say: "When (the Verse): "They should draw their veils over their necks & bosoms, was revealed, (ladies) cut their waist sheets at the edges & covered their faces with the cut pieces."

[Bukhari: 4759; Book. 65; English vol. 6; Book. 60; Hadees. 282]

#### Questions & Answers:

*Question: -* It is permissible for a female doctor to take off her hijab when visiting patients, even if the laws governing her work require doing that? Answer: - Wearing hijab in front of non-mahram men is a definite obligation as is indicated by the Quran, Sunnah & scholarly consensus. Hence it is not permissible for anyone to instruct a woman to do the contrary or to prevent a woman who wants to comply with that. It is not permissible for a woman to take this obligation lightly or to uncover any part of her body, unless she is compelled to do that by a case of necessity which makes that which is ordinarily prohibited permissible.

*Question:* - I am a girl who does not wear hijab. Does that mean that my fasting in Ramzaan is invalid?

**Answer:** If a woman does not wear hijab, then she is disobeying her Lord thereby, but her fast is still valid, because sins, including not wearing hijab, do not invalidate the fast, but they detract from its reward & may cause it to be lost altogether.

# **Scientific Benefits of Wearing Hijab:**

The Hijab is a religious head covering that is worn by Muslim women. It generally conceals the neck & hair & has a veil for covering the face. Most Muslim women wear the Hijab, while refraining from wearing tight clothing. Donning the Hijab & also generally observing a modest Muslim style of dressing offers these benefits.

# 1. Represents Purity

The Hijab is regarded like an indication of dignity & purity. It highlights Muslim women as chaste & pure women. It also sets the wearer apart from immoral behaviors linked to women who wear immodestly. Actually, the Hijab acts like a screen between chaste Muslim women & the world's evil.

#### 2. Protects From Male Harassment

Most men do not make lewd gestures or whistle when a woman wearing a Hijab passes by. In fact, men view the Hijab like a sign that says off limits & thus do not approach such women. Muslim women by & large have a low chance of being exploited for their femininity & beauty in contrast with other women.

#### 3. Places Focus On Intellect

The Hijab also benefits Muslim women by forcing people, particularly men, to go past the outer appearances & focus on the women's intellect. Rather than assessing woman for her mind, the society usually assesses her based on physical traits. Many people are truly surprised when they discover that a Muslim who wears a Hijab is articulate, intelligent & educated.

#### 4. Eliminates Competition Amongst Women

People in western nations are known for sacrificing health & financial savings so as to have expensive plastic surgery with an aim of meeting unrealistic standards of beauty. However, with Hijab, Muslim women can go for their normal duties without worrying about impressing other people.

# 5. Hygienic Purposes

All public should wear Hijab or head-covering workers serving society to ensure cleanliness & purity. Workers in a number of professions wear "veils" - nurses, fast food workers & daily Counter workers, restaurant workers & servers, doctors, health care providers & many more.

# 6. Female Psychological Balance

Covering the hair can also have a beneficial effect on the female psyche as well. Studies of women being interviewed for jobs show that there is a high correlation between what they wear & their perceptions of how successful they will be in their interviews. There are many more examples of how what we wear can influence how we act.

Wearing a Hijab does not have demerits & those who wear it have more strength & confidence as women become less mindful of their physique & appearance.

The moral duty of wearing Hijab in Islam is a frequently discussed topic among Muslim women. Nevertheless, little been written on its scientific advantage but there are, in fact, a number of health benefits that wearing Hijab provides, as well as many behavioural science studies that suggest that Hijab is the best cloth for women. It is very important to protect the head, as medical test show that 40-60% of body heat is lost through the head, so persons wearing head coverings during cold months are protected about 50% more than those who do not. In the traditional Islamic medical texts of Al- Jawziyya, there are evidence that the body is affected by the "4 Elements" of life in undesirable ways hence, we are advised to protect our heads against wind, breezes, drafts & cold weather.

## Science & Islamic Hijab: -

In these verses, Allah commands following: -

- 1) For both believing men & women: Cast down their looks & guard their private parts
- 2) For believing women:
  - A) Not to display their ornaments (with exceptions).
  - B) Not strike their feet unless their ornaments become known

'Casting down their looks' is one of the common commands for both men & women & in addition women shouldn't 'display' their ornaments. What this has to do with the command of hijab? What could be possible implications of 'keeping down' one's look while living in society where everyone doesn't observe a modest dress code? Let us look at it from scientific angle.

Human nervous system is the divinely made computer with over 100 billion neurons. These neurons are like highly sophisticated microchips & scientists have failed so far to calculate exact storage capacity & processing speed of even a single neuron.

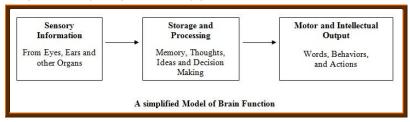
Brain receives its inputs via sensory modalities, such as eyes, ears, smell, taste, touch etc. This information is then stored, processed in different areas of brain that are connected together & form the basis of further thought processes, development of new ideas, decision making & the

physical actions, or outputs. Thus input to the brain usually matches with its output. The most striking point is that over 80% of all the sensory information that goes into the human brain comes from eyes only.

Thus, controlling the input of sensory stimuli from eyes can significantly affect the overall functioning & subsequent tasks such as memory, analysis of stored information, thought processing, learning, emotional & social aspects related to received information, carried out by the nervous system.

A major task of neurons is to store & process all the information in appropriate areas of brain & make it ready for accurate & timely retrieval in future. Finally, the output which is seen in the form of words. behavior & physical actions, is dependent on the previous step. Thus, if wrong or incorrect sensory stimuli enter into brain, the neurons will be storing & processing that information, leading to bad ideas, thoughts & finally bad words & actions.

#### A simple model of it is presented in figure below:



Thus, when an environment has abundance of provocative stimuli, especially from the visual system, i.e. eyes, this leads to relevant aggressive & provocative words, behaviors & actions. Vulnerable individuals & young & immature minds that lack appropriate training & self-control & cannot handle the sensory information going into their brains, are automatically prone to give similar output in the form words, behavior & actions that correlate with sensory input.

For example, kids or adolescents who watch movies with violence or play video games with similar themes, indulge in to similar type of aggressive & uncontrolled behavior.

In today's world, the sensory information mostly enter eyes via special environmental scenes at parties, in universities, at gatherings, interaction of males & females at work place & in other situations & exposure to media, cinema etc, pictures, magazines, TV & computer screen, IPod & mobile phone screen & other such gadgets.

Unless a person blocks the unwanted information from going into the brain by controlling his eyes & where it is looked, or selectively deciding not to expose oneself to a specific environment, the information cannot be prevented from entering brain.

This is much more difficult in a society where no modest dress code exists or where liberal culture prevails, leading to a bombardment of sensory stimuli to brain every day. In this situation, the only way for the males & females to protect their thoughts from getting corrupted is to control their gaze.

Additionally, the females can block provocative sensory stimuli entering into a male's brain by wearing an unprovocative, loose & simple dress that perfectly hides body contour & spots of beauty, adopting a modest & decent behavior & minimum social interaction that wouldn't lead to unwanted emotional or social consequences.

Scientific data on aggression & sexual violence against girls & women in Western societies is a common norm & it is accepted as such to be a part of the Western culture. By the age of 21, almost 98% of women suffer from some form of sexual aggression in US, Europe & other liberal societies.

These societies have adapted themselves to this injustice & degradation against women which is considered to be a part of their lives. There are special centers to deal with sexual violence & treat those who suffer on day to day basis & there are emergency phone numbers available to deal with immediate situations, if the victim needs medical & emotional support. Assistance is also provided to the girls who have suffered from sexual violence by NGOs or various governmental organizations.

However, these societies have failed to deal with the basic issue outlined earlier in this article which is controlling the environmental stimuli that lead to these crimes against women in the form of output. Islamic dress code for women & Islamic teachings about controlling one's gaze act as powerful filters to protect brain from being exposed to provocative stimuli & keep it protected from getting corrupted by blocking all

subsequent steps mentioned earlier. Thus, the brain doesn't store bad & provocative stimuli in the form of memory, doesn't process bad thoughts & ideas & doesn't develop any unwanted emotional & social attachments. Accordingly, the output is seen in the form of controlled, logical & good words, behaviors & actions.

Perhaps, this is the reason that Quranic verses dealing with hijab or Islamic dress code mention the consequences of such actions [looking down & protecting one-self] lead to purity for believing men. & for believing women [by not displaying their ornaments, observing prescribed dress code & thus protecting themselves] & men, it is eternal success because most of the provocative stimuli come from the females. Truly a society can become eternally successful, safe for women & pure for both men & women if Islamic dress code & Islamic teachings for decent behavior are observed.

Imam Ja'far said: 'Whenever the eye looks at something forbidden, a knot of desire is tied in the person's heart & that knot will only be untied by one of two conditions: either by weeping out of grief or regret in true repentance, or by taking possession of what one desired & looked at.'

Certainly several crimes & illegal actions against women can be prevented if eyes don't look at what is unlawfully exposed in the name of liberalism, modernity & fashion to be seen, provoking lust among males & if women realize that observing Islamic modest dress is in their own interest & for their protection.

# Conclusion of Hadees: ·

Male should not see purposely to female, females should cover their body & ornament as mentioned in Quran & Hadees using Hijab & Nagab.

.....This lesson has 13 Hadees......

#### Lesson no. 73 Circumcision (Khatna): -

#### Prophet Ebrahim self: -

1. Narrated by Abu Hurairah 🐟 that Nabi 🐉 said: "Prophet Ebrahim 🕮 circumcised Himself after He had passed the age of eighty years & He circumcised Himself with an adze".

[Bukhari: 6298; Book. 79; English vol. 8; Book. 74; Hadees. 313]

#### A new Muslim should undergo circumcision: -

2. Ibn Shihab said: "When a man became Muslim, he was ordered to have himself circumcised, even if he was old".

[Al-Adab Al-Mufrad: 1252; Book. 1, English Book. 53, Hadees: 1252]

#### Circumcision a Fitra: -

3. Narrated by Abu Hurairah 🐞 that Nabi 🐉 said: "Five practices are characteristics of the Fitra: circumcision, shaving the pubic region, clipping the nails & cutting the moustaches short".

[Bukhari: 5889; Book. 77; English vol. 7; Book. 72; Hadees. 777]

- 4. Abu Hurairah 🎄 reported that, 5 are the acts of fitrah:
  - 1. Circumcision 2. Removing the pubes hair 3. Clipping the moustache 4. Cutting the nails 5. Plucking the hair under the armpits

[Muslim: 257 B; Book. 2; English Book. 2; Hadees. 496]

# <u>Circumcision amongst the ten important Sunnah: -</u>

5. Narrated by Talq Bin Habib that Nabi 🎄 said: Ten things are from the Sunnah: Using Siwak, trimming the mustache, rinsing mouth, rinsing nose, letting the beard grow, trimming the nails, plucking the armpit hairs, circumcision, shaving the pubes & washing one's backside.

[Nasa'i: 5042; Book. 48; English vol. 6; Book. 48, Hadees: 5045]

# One reference of lady circumcision: -

6. Narrated by Umme Atiyyah رضى الله عنها that a woman used to perform (lady) circumcision in Madinah. Nabi 🐉 said to her, do not cut severely as that is better for a woman & more desirable for a husband.

[Abu Dawud: 5271; Book. 43; English Book. 42; Hadees. 5271]

# Science & Hadees about male circumcision: -

Circumcision is obligatory for males & that it is one of the symbols of Islam.

Circumcision is the surgical removal of the foreskin, the tissue covering the head (glans) of the penis. It is an ancient practice that has its origin in religious rites. Today, many parents have their sons circumcised for religious or other reasons.

Circumcision does not decrease the sensitivity of the penis, nor harm sexual function or reduce sexual satisfaction. Circumcision does not appear to adversely affect sexual desire pain with intercourse, premature ejaculation & time of ejaculation, erectile dysfunction or difficulties with orgasm.

## The health benefits of circumcision: -

Dr. Muhammad Ali Al-Baar (a member of the Royal College of Surgeons in the UK & a consultant to the Islamic Medicine department of the King Fahd Centre for Medical Research in the King Abdul Aziz University in Jeddah) says in his book *Al-Khitaan* (Circumcision):

"Circumcision of newborn boys (*i.e.* within the first month of life) brings numerous health benefits, including: -

## 1. Protection against local infection in the penis: -

Which may result from the presence of the foreskin, causing tightening of the foreskin, which may lead to retention of urine or infections of the glans (tip) of the penis, which require circumcision in order to treat these problems. In chronic cases, the child may be exposed to numerous diseases in the future, the most serious of which is cancer of the penis.

# 2. Infections of the urethra: -

Many studies have proven that uncircumcised boys are more exposed to infection of the urethra. In some studies the rate was 39 times more among uncircumcised boys. In other studies the rate was ten times more. Other studies showed that 95% of children who suffered from infections of the urethra were uncircumcised, whereas the rate among circumcised children did not exceed 5%.

In children, infection of the urethra is serious in some cases. In the study by Wise well on 88 children who suffered infections of the urethra, in 36 % of them, the same bacteria were found in the blood also. Three of them contracted meningitis & two suffered renal failure. Two others died as a result of the spread of the micro-organisms throughout the body.

# 3. Protection against cancer of the penis: -

The studies agree that cancer of the penis is almost non-existent among circumcised men, whereas the rate among uncircumcised men is not insignificant. In the US the rate of penile cancer among circumcised men is zero, while among uncircumcised men it is 2.2 in every 100,000 of the uncircumcised population. As most of the inhabitants of the US are circumcised, the cases of this cancer there are between 750 & 1000 per year. If the population were not circumcised, the number of cases would reach 3000. In countries where boys are not circumcised, such as China, Uganda & Puerto Rico, penile cancer represents between 12-22 % of all cancers found in men; this is a very high percentage.

#### Sexually transmitted diseases (STDs): -

Researchers found that the STDs which are transmitted via sexual contact (usually because of fornication/adultery & homosexuality) spread more among those who are not circumcised, especially herpes, soft chancres, syphilis, candida, gonorrhea & genital warts.

There are numerous modern studies which confirm that circumcision reduces the possibility of contracting AIDS when compared to their uncircumcised counterparts. But that does not rule out the possibility of a circumcised man contracting AIDS as the result of sexual contact with a person who has AIDS. Circumcision is not a protection against it & there is no real way of protecting oneself against the many sexually transmitted diseases apart from avoiding fornication / adultery, promiscuity, homosexuality & other repugnant practices. (From this we can see the wisdom of Islamic sharee'ah in forbidding fornication/ adultery & homosexuality).

#### Protection of wives against cervical cancer: -

Researchers have noted that the wives of circumcised men have less risk of getting cervical cancer than the wives of uncircumcised men.

[Al-Khitaan, p. 76, by Dr. Muhammad Al-Baar]

#### Science & Hadees about female circumcision: -

Female circumcision is done by cutting a small part of the skin of clitoris that looks like a rooster's comb, above the exit of the urethra. The Sunnah is not to cut all of it, but rather a part of it.

[Al-Mawsoo'ah Al-Fighiyyah: 19/28]

According to the Shaafais & the Hanbalis & others that circumcising women is obligatory. Many scholars are of the view that it is not obligatory in the case of women; rather it is Sunnah & is an honour for them.

Circumcision is obligatory for males & that it is one of the symbols of Islam & that circumcision of women is mustahabb but not obligatory.

Female circumcision has not been prescribed for any reason, rather there is wisdom behind it & it brings many benefits.

Mentioning some of these benefits, Dr. Haamid Al-Ghawaabi says: -

The secretions of the labia minora accumulate in uncircumcised women & turn rancid, so they develop an unpleasant odour which may lead to infections of the vagina or urethra. It has been seen in many cases of sickness that are caused by the lack of circumcision.

Circumcision reduces excessive sensitivity of the clitoris which may cause it to increase in size to 3 centimeters when aroused, which is very annoying to the husband, especially at the time of intercourse.

Another benefit of circumcision is that it prevents stimulation of the clitoris which makes it grow large in such a manner that it causes pain. Circumcision prevents spasms of the clitoris which are a kind of inflammation & reduces excessive sexual desire.

#### Dr Al-Ghawaabi refutes those who claim that female circumcision leads to frigidity by noting: -

Frigidity has many causes & this claim is not based on any sound statistics comparing circumcised women with uncircumcised women, except in the case of Pharaonic circumcision which is where the clitoris is excised completely. This does in fact lead to frigidity but it is contrary to the kind of circumcision enjoined by the Prophet & when He & said: "Do not destroy" i.e. do not uproot or excise. This alone is evidence that speaks for itself, because medicine at that time knew very little about this sensitive organ (the clitoris) & its nerves.

*Liwa'* al-Islam magazine, issue 8 & 10; article entitled *Khitaan* Banaat (circumcision of girls).

The female gynaecologist Sitt al-Banaat Khaalid says in an article entitled Khitaan al-Banaat Ru'yah Sihhiyyah (Female circumcision from a health point of view): - Some of the health benefits of female circumcision: -

It takes away excessive libido from women; it prevents unpleasant odours which result from foul secretions beneath the prepuce. It reduces the incidence of urinary tract infections & it reduces the incidence of infections of the reproductive system.

In the book on Traditions that affect the health of women & children, which was published by the World Health Organization in 1979 it, says:

With regard to the type of female circumcision which involves removal of the prepuce of the clitoris, which is similar to male circumcision, no harmful health effects have been noted.

# Conclusion of Hadees: -

Circumcision is obligation in males but not in female, a new Muslim brother 

## Lesson no. 74 Women: -

#### Nabi &'s guidance about women: -

#### Treat women nicely: -

1. Narrated by Abu Hurairah 🐗 that Nabi 🍇 said: Treat women nicely, for a women is created from a rib & the most curved portion of the rib is its upper portion, so, if you should try to straighten it, it will break, but if you leave it as it is, it will remain crooked. So treat women nicely.

[Bukhari: 3331; Book. 60; English vol. 4; Book. 55; Hadees. 548]

## Tattoos disliked & prohibited: -

2. Narrated by Abdullah 🎄 that Nabi 🖓 cursed the women who do tattoos & the women who have them done, Al-Mutanammisat & the women who have their teeth separated for the sake of beauty, those who change (the creation of Allah)"

[Nasa'i: 5099; Book. 48; English vol. 6; Book. 48, Hadees. 5102]

#### Male should not imitate female & female should not imitate male: -

3. Narrated by Ibn Abbas رضىالله عنها that Nabi ﷺ cursed the women who imitate men & the men who imitate women"

[Tirmizi: 3013; Book. 43, English vol. 5; Book. 41, Hadees. 2784]

# Women not allowed visiting graves: -

4. Abu Hurairah 🧆 narrated that. "Indeed Nabi 🕮 cursed the women who visit the graves".

[Tirmizi: 1056; Book. 10, English vol. 2; Book. 5, Hadees. 1056]

# Women prohibited shaving their hairs: -

5. Narrated by Ali 🎄 that Nabi 🎄 forbade women to shave their heads".

[Nasa'i: 5049; Book. 48; English vol. 6; Book. 48, Hadees. 5052]

(Means should not get bald).

#### Women can be bad luck or evil omen: -

6. Sahl Ibn Saad 🎄 says that Nabi 🐉 said: "If there is bad luck in anything, it is in houses, women & horses".

[Al-Adab Al-Mufrad: 917; Book. 39, Eng; Book. 39, Hadees. 917]

7. Narrated by Abdullah Bin Umar رخى الله عنبيا that Nabi 🎄 said: "Evil omen is in the women, the house & the horse'.

[Bukhari: 5093; Book. 67; English vol. 7; Book. 62; Hadees. 30]

## About Chapter 24 An- Noor verse 31 & 60: -

8. Narrated by Ibn Abbas رضىالله عنهبا that the verse:

**Translation:** & say to the believing women that they should lower gaze was partly abrogated by the verse:

**Translation:** Such elderly women as are past the prospect of marriage. [Abu Dawud: 4111; Book. 34; English Book. 33; Hadees. 4099] Means women also should not see other men.

## . the best women of their time: وهي الله عنا & Khadija وهي الله عنا السلام the best women of their time:

9. Narrated by Ali 🐗 that Nabi 👺 said: "The best of the world's women is (at her lifetime) & the best of the world's عليها السلام women is Khadija رضىالله عنها (at her lifetime).

> [Bukhari: 3815; Book. 63; English vol. 5; Book. 58; Hadees. 162] Hazrat Khadija رضى الله عنها was Nabi ه 's first wife.

# - ;the superior رضى الله عنيا A'isha

10. Narrated by Anas 🐗 that Nabi 🕮 said: Superiority of A'isha رضىالله عنها to other women is like the superiority of Sareed to other kinds of food. [Bukhari: 5419; Book. 70; English vol. 7; Book. 65; Hadees. 330]

# Sareed is a dish which Nabi 🕮 liked very much.

How to make Sareed: - Take some meat of goat or lamb; cut the meat into small pieces than boil it, as we do while preparing soups. Smash the boiled meat into small fibers (especially of lamb or goat). Add required amount of water & put the smashed meat in it along with the soup obtained while boiling the meat & prepare soup in routine way. When the soup is ready put small pieces of barley chapatti or barley bread in it & cover the vessel with a plate for 5 minutes. Than serve it.

## Contract or temporary marriage prohibited: -

11. Ali Bin Abi Talib an arrated that Nabi approhibited the Mut'ah (temporary or contract marriage) with women & the meat of domestic donkeys during (the campaign of) Khaibar".

[Tirmizi: 1121; Book. 11, English vol. 2; Book. 6, Hadees. 1121]

#### Do not entry from doors reserved for women: -

12. Nafi said: Umar Bin Al-Khattab 🐞 used to prohibit (men) to enter through the doors reserved for women.

[Abu Dawud: 464; Book. 2; English Book. 2; Hadees. 464]

#### Man will take care of 40 women: -

13. Narrated by Abu Musa that Nabi said: A time will come upon the people when a person will wander about with gold as Zakat & will not find anybody to accept it & one man will be seen followed by forty women to be their guardian because of scarcity of men & great number of women.

[Bukhari: 1414; Book. 24; English vol. 2; Book. 24; Hadees. 495]

#### Eid Salah: -

14. Narrated by Umme Atiyyah رخى لله عبيا that Nabi ﷺ said: Bring out the women who have attained puberty & those who are in seclusion so that they may attend the Eid prayer & (join in) the supplication of the Muslims. But let the women who are menstruating avoid the prayer place.

[Ibn Majah: 1368; Book. 5; English vol. 1; Book. 5, Hadees. 1308]

# <u>Do not disdain neighbours: -</u>

15. Abu Hurairah se reported Nabi se, said: "Muslim women! Muslim women! A woman should not disdain her female neighbour's gift, even if it is only a sheep's hoof".

[Al-Adab Al-Mufrad: 123; Book. 6, Eng; Book. 6, Hadees. 123] Disdain means a feeling that someone or something is unworthy of one's consideration or respect.

<u>Author's notes:</u> Dear men I would like to draw your attention at the following points regarding women: -

- 1. Women are amongst the best & beautiful creations of Allah Ta'ala; they are poorly understood by male, they are different from male in many aspects like anatomy, physiology & psychology.
- 2. They have stage-wise changes in their life, anatomically, physiologically & socially. Means they have more physical changes than male for example growth

- of secondary sex characters like breast growth, hair growth, complexion changes & etc, there also psychological changes which are poorly understood by male.
- 3. Male & female are bond in many types of relations, female take more part than male takes, female are more in social life than male, they built a house & family, they have more bonding power, more uniting power, more love, more attraction, more emotion, more talking power, more caring, more determination & etc.
- 4. It is said that none woman left Islam after the passing of Nabi \$\mathbb{B}\$ though many male left Islam after passing of Nabi \$\mathbb{B}\$, because women are more loyal & determined. Though some women may lack for what I have mentioned above.
- 5. They have all types of physical changes, mainly from the age of 10 years to 50 years. For example they get matured before boys, they speedily change in to a lady from a girl & they start with menstrual cycles, have genital discharge & bodily growth & get older soon.
- 6. The menstrual cycles are every month; they bear the pain & changes, better than male, than very soon they get married than became a mother & a huge responsibility lays on their shoulders lifelong.
- 7. They leave their houses become a wife, daughter in law & etc. My dear men please imagine, leaving a home in which she grew up with her family is not an easy thing though female adopt it easily.
- 8. She takes the house hold responsibilities sooner than a boy takes responsibility of his job or business. A boy enjoins with his friends after marriage also, but a woman leaves all her friends & company.
- 9. They have hormonal changes every month & get ups & downs in the mood, body functions, physical health, in hunger, weight etc, which, for a husband is important to understand, these ups & downs are due to their hormonal monthly cycle.
- 10. During their menses they have mood swings & we male should understand & support them rather scolding them or beating etc.
- 11. They get pregnant, due to the love, husband & wife share with each other, they pay the price of that love & relation for the 9 month caring a baby inside her womb, than bear the pain of delivery than nurse the baby & look after the baby throughout, also looking after the husband & family at the same time throughout.
- *12.* Do male have these changes?

## A most common problem between a married couple: -

- 1. During new days after marriage or on the first night, the bride has to face the pain of hymen membrane rupture & remember the shyness she feels & the frightening, the bleeding she has due to rupture of hymen membrane & pain she has due to the first intercourse by forcing the penetration of penis into the narrow virgina.
- 2. Many times it is not possible to have a successful intercourse neither on the first night nor on the first week, means it may take a few days to open up the virginal canal & have a successful intercourse; dear men please understand the pain & the narrowness of virgina & the bleeding etc are the signs of virginity of a female. She proof her virginity by above, but how can men proof their virginity?
- 3. Wives get more infected with urinary tract infection & white discharge due to cross infection from their husbands during intercourse.
- 4. Also women physics changes after the delivery.
- 5. Dear men she does bear much more than what I have written, now you should be supportive to your wife.

#### Role of men towards their wives: -

1. Men should be supportive to his wife in all means, as said, Narrated by Abu Hurairah & that Nabi & said: "Treat women nicely, for a women is created from a rib & the most curved portion of the rib is its upper portion, so, if you should try to straighten it, it will break, but if you leave it as it is, it will remain crooked. So treat women nicely".

[Bukhari: 3331; Book. 60; English vol. 4; Book. 55; Hadees. 548]

- 2. He should understand the monthly cyclic hormonal changes & understand his wife's mood swings, changes that she has before & during her menses, pregnancy, menopause etc. Be kind humble to them, as our Nabi & were always kind, humble & respectful to His & wives & taught us the same.
- 3. Remember Allah Ta'ala has given women the concession not to pray Salah & not to fast during their menses by which we should understand that THE AL-MIGHTY gives concession during menses, how physically & psychologically a woman gets disturbed.
- 4. The Female hormones are very powerful & bring all types of changes in body & due to this husband finds his wife little stubborn sometime, getting disturbed by small matters, may argue with her husband sometime, may be bold in speech & much more, please understand if these above are sometime, than these are due to hormonal changes, if these are all time than it may be the habit of your wife. Inspite of all you will find her loving & caring you & your family.

- 5. Be humble with her, do not argue with her, do not discuss matter with her when she is disturbed, do not try to be bold when she is bold, (some time become a bowler & some time become a batsmen or a fielder or a wicket keeper or an empire).
- 6. Talk to her, explain your problems in a better way, make her silence by loving & caring her, she needs your care & love more when she is in hormonal changes.
- 7. Remember females are more interested in companionship, love & care; they like fore play more rather than real intercourse & kiss them with modesty, have modesty while intercourse, do not tell them to do anything disgusting like taking sex organs in mouth etc by this they get a negative feeling, that male wants this only from females.
- 8. One of the big problem is, male are interested more in sex & intercourse rather than love, care & fore play, but female like these more. These lacks of understanding in males breaks or hurts the relationship very badly & deeply.
- 9. She needs a special care during pregnancy days & after delivery. She needs loyalty of her husband the more, than money & luxury; she needs your honesty & modesty more than outing & outside feast. Remember it was you who proposed her to marry you; it is she who left her home & family, to be yours & only yours.
- 10. Remember! It will take some time to your newlywed wife to adjust with you & your family, to adopt the entire new atmosphere of your home & family, even in many cases the bride has to go another city or country this makes more difficult to adopt the new way of life. The family of the groom should realize this.
- 11. & again one big problem with couples is that always, the wife complains that her husband does not talk to her much & gets irritated when she talks to him, when he comes home from his work at evening. This is due to that female can speak more than 20000 to 25000 words a day, this is due to they have a big size talking centre in their brain comparing to males who have a small speaking centre in the brain & males can hardly speak 3000 to 5000 words a day & that quota he completes at his work & when he comes at home he is left out with no speaking quota left for his wife & due to it he does not like to talk & gets irritated when she talks to him at that time. So he should keep a little quota so that he can talk a little with her.
- 12. Lastly after menopause she gets more hormonal imbalance due to withdrawal of many female hormones thus gets into a final & most difficult stage of changes.

# Lesson no. 75 Cleanliness:

#### Ouranic Verse regarding praise by Allah Ta'ala for cleanliness: -

1. Abu Sufyan & said that "Abu Ayyub Al-Ansari, Jabir Bin Abdullah & Anas Bin Malik & told me that when this verse was revealed:

<u>Translation:</u> In it (the mosque) are men who love to clean & to purify themselves. & Allah loves those who make themselves clean & pure.

Nabi said: O Ansar! Allah has praised you for your cleanliness. What is the nature of your cleanliness? They said: We perform ablution (wazoo) for prayer & we take bath to cleanse ourselves of impurity due to sexual activity & we clean ourselves with water (after urinating). He said: This is what it is. So adhere to it.

[Ibn Majah: 383; Book. 1; English vol. 1; Book. 1, Hadees: 355]

# Cleanliness is half faith (Imaan): -

2. Abu Malik Ash ari الله reported that Nabi الله said: Cleanliness is half of faith (نِصْفُ الإِيمَانِ).

[Muslim: 223; Book. 2; English Book. 2; Hadees. 432] (It is a part of a long Hadees).

## <u> Allah Ta'ala likes cleanliness: -</u>

3. Narrated by Salih Bin Abil Hassan: I heard Saeed Bin Musayyab saying: Indeed Allah is Tayyib (Good) & He loves Tayyib (what is good) & He is Nazeef (clean) & He loves cleanliness, He is Kareem (kind) & He loves kindness, He is Jawwaad (Generous) & He loves generosity. So clean - I think he said - your courtyards & do not resemble the Jews. He said: I mentioned that to Muhajir Bin Mismar & he said: Amir Bin Saad narrated it to me from his father from Nabi & similarly, except that he did not say: Clean your courtyards.

[Tirmizi: 3029; Book. 43, English vol. 5; Book. 41, Hadees. 2799]

# Brushing the teeth with miswaak: -

4. Narrated by Huzaifa & that, whenever Nabi & got up at night, He & used to clean His mouth with Siwak (miswaak).

[Bukhari: 245; Book. 4; English vol. 1; Book. 4; Hadees. 246]

Masjid should be kept clean: -

5. A'isha رخىالله عنها says that Nabi ه ordered the construction of Masjid in all Dur (*i.e.* in the locality of each tribe separately) & that they be kept clean & scented.

[Tirmizi: 594; Book. 6, English vol. 2; Book. 51, Hadees. 594]

## Do not use bone or dung to clean yourself: -

6. It was narrated from Abdullah Bin Masood 🚓, that Nabi 🕮 forbade cleaning oneself with bones or dung.

[Nasa'i: 39; Book. 1; English vol. 1; Book. 1, Hadees. 39]

#### Use 3 stones & left hand to get clean yourself after toilet: -

7. It was narrated that Salman said: The idolaters said: We see that your companion teaches you how to go to the toilet. He said: Yes, He forbade us from cleaning ourselves with our right hand & from facing toward the Qiblah & He said: None of you should clean with less than three stones.

[Nasai: 49; Book. 1; Eng. 1; Book. 1, Hadees. 49]

## Start from the right side for the following: -

8. Narrated by A'isha رضى الله عنها that Nabi ﷺ used to like to start from the right side on wearing shoes, combing His hair & cleaning or washing Himself & on doing anything else.

[Bukhari: 168; Book. 4; English vol. 1; Book. 4; Hadees. 169]

# <u> Applying oil on head & bread is Sunnah: -</u>

9. Hazrat Anas spreports that Nabi spotten applied oil on His Head & also often combed His Beard. He used to put a cloth over His Head, which became like an oil cloth due to the frequent use of oil.

[Shamaa'il Muhammadiyah: 33; Book. 4; Hadees. 32; English Book. 4; Hadees. 32]

# Bath after intercourse: -

10. Narrated by A'isha رخىالله عبها, that Nabi ﷺ took a bath of Janaba (after intercourse), He ﷺ washed His Hands first.

[Bukhari: 262; Book. 5; English vol. 1; Book. 5; Hadees. 262]

# Bath with Sidr (jujube / lote leaves) after accepting Islam: -

11. Qais Bin Asim so narrated that he accepted Islam & Nabi so ordered him to perform Ghusl (bath) with water & Sidr (Jujube leaves).

[Tirmizi: 605; Book. 6, English vol. 2; Book. 1, Hadees. 605]

# Taking bath for 4 things is Sunnah: -

12. Narrated by A'isha 🐗 that Nabi 🕮 used to take a bath on account of sexual defilement, on Friday, for cupping & washing the dead.

[Abu Dawud: 3160; Book. 21; English Book. 20; Hadees. 3154]

#### Personal cleanliness is Fitra: -

13. Narrated by Ibn Umar رخى الله عنها that Nabi 🗸 said: To shave the pubic hair, to clip the nails & to cut the moustaches short are characteristics of the Fitra.

[Bukhari: 5890; Book. 77; English vol. 7; Book. 72; Hadees. 778]

14. Abu Hurairah 🐞 reported that, five are the acts of fitra: circumcision, removing the pubes, clipping the moustache, cutting the nails, plucking the hair under the armpits.

[Muslim: 257 B; Book. 2; English Book. 2; Hadees. 496]

### One should get rid of the following at least once in 40 days: -

15. Anas 🌞 reported: A time limit has been prescribed for us for clipping the moustache, cutting the nails, plucking hair under the armpits, shaving pubes; it should not be neglected far more than forty nights.

[Muslim: 258; Book. 2; English Book. 2; Hadees. 49]

### Hair removing creams can be used to remove unwanted hairs: -

16. Narrated by Umme Salma رضىالله عنها that Nabi ﷺ would coat (with hair removing cream) & remove the pubic hairs with His Hand.

[Ibn Majah: 3752; Book. 33; English vol. 5; Book. 33, Hadees. 3752]

### Please read the following lesson: -

Lesson no. 12 Sidr (Ber) (Jujube), Lesson no. 39 Water, Lesson no. 70 Rules about Intercourse & Lesson no. 71 Marriage (Nikah).

### Explanation about cleanliness in Islam: -

Cleanliness & purification is one of the great privileges of Islam. It has evolved a wonderful system that encompasses Muslim life on individual & social levels. Islam places great emphasis on cleanliness, in both physical & spiritual terms. The attention to hygiene is the aspect which is an unknown concern in any other religion or philosophy before Islam. While people generally consider cleanliness a desirable attribute, Islam insists on it, making it an indispensable fundamental of faith. Cleanliness is an essential part of Islamic life & in fact the meaning & spirit behind the concept of cleanliness is much beyond the superficial concept of the conventional cleanliness

In the Holy Ouran, there are a number of verses which shed light at the importance of cleanliness: Truly, Allah loves those who turn to Him constantly & He loves those who keep themselves pure & clean. (Al Bagarah: 222) At another place Allah says: "In it (mosque) are men who love to clean & to purify themselves. & Allah loves those who make themselves clean & pure. (9:108) Cleanliness & purity has been emphasized by various means in hundreds of Hadees of the Prophet . In a Hadith He said: Cleanliness is half of faith.

[Muslim: 223; Book. 2; English Book. 2; Hadees. 432]

(It is a part of a long Hadees).

The importance of cleanliness can be estimated from the fact that the books of Hadees as well as the Figh (Islamic jurisprudence) start with a chapter on cleanliness. There are two terms used in Islamic literature: taharah & nazafah. Taharah (Cleanliness from physical impurities) is required by Islam to be observed by each & every Muslim in his & her daily life while nazafah (neatness) is a desirable attribute.

There are two kinds of cleanliness; physical & spiritual. As far as physical cleanliness is concerned, it is of two types. One which is related to human body & the other is related to environment, water, house, road & public places. Muslims are required to observe cleanliness from the excretions of the penis, vagina or anus. Semen, sperm, urine, menstruation, vaginal fluid, stool & blood are impure & require compulsory modes of cleanliness. Muslims wash their genitals after passing urine & secretion & take bath every time they have intercourse with their mates. Muslims also enjoined to use water after eliminating body wastes. They are categorically prohibited to have sex with their wives during menses.

A Muslim is obliged to make ablution (wazoo) if exposed to minor impurities. This means they must wash off those parts of the body (like hand, feet, face, nostrils etc) which are commonly exposed to dust, dirt & environmental pollution. Before every prayer (at least five times a day) & before recital of the Quran, Muslims are asked to perform this ablution (wazoo). Likewise, Muslims are enjoined to have a Ghusl (bathe) after ejaculation, sexual intercourse, menstruation & lochia (virginal discharge after delivery). While at many other occasions, bathing is recommended as for Friday prayer, festival days, in Hajj etc

Muslims are duty bound to keep the nails clipped, to remove hair from the armpit & from the pubic area as a matter of routine practice. Muslim males are required to get circumcised to avoid even faint traces of urine entrapped in the foreskin of the genitals. They are also instructed to trim their moustaches in order to avert oral intakes. Islam has directed towards taking care of mouth using any purifying agent like miswaak. Brushing teeth (once/twice daily) is very recent development of near past, but Muslims are accustomed this herbal brush for the past 1400 years, five times a day prior to each ablution. There are a number of Hadees that lay special stress on cleaning teeth, hands & hair.

Apart from body, Islam requires to keep clothes, houses & streets clean. In fact a Muslim cannot offer his prayers with unclean body, clothes or on dirty premises. They are asked to use clean water & keep it safe from impurities & pollution. The particular chapter of taharah starts with the classification of water & goes on to describe how water gets impure or polluted

Moreover, Islam instructs Muslims to maintain the cleanliness of the roads & streets. This is considered a charity to ridding the streets of impurities & filth. Prophet strictly warned against it & considered it one of the reasons to provoke Allah's curse & the people's curse, saying: Beware of the three acts that cause others to curse you: relieving yourselves in a watering place, on foot paths or shaded places.

Apart from physical cleanliness, Islam emphasizes on spiritual cleanliness. This means that one is free from polytheism, hypocrisy & ill manners, love of wealth, love of fame & other carnal desires. The emphasis in Islam is more on the cleanliness of the inner-self that is heart, mind & soul. The external cleaning process & rituals in reality are the preparatory ground work to obtain the more important task & that is cleanliness of the inner-self, which is the ultimate goal of the religion. Islam requires the sincere believer to sanitize & purify his entire way of life. The directives of Zakah (alms) & fasting are nothing but to purify ones wealth & soul.

Cleanliness is the pathway to health & strength. Islam wants a healthy & strong Muslim society which is immune against infectious diseases & is capable of understanding & applying Allah's message & carrying it away to the whole world. The Holy Quran says: You are the best community that has been raised up for mankind, enjoining what is right, forbidding what is wrong & believing In Allah.

[Aal-Imran: 110]

In view of the significance of cleanliness in Islam, Muslims should have the highest standard of cleanliness & personal hygiene of all the people in the world. But, it is highly regrettable that the heap of garbage has become an identity of Muslim homes & localities. The Muslim majority areas are marked with unhygienic & unhealthy conditions.

#### Keeping our surrounding, environment & neighbourhood clean: -

Islam has emphasis very much on keeping the surrounding, environment & neighbourhood clean & it is said that it is a good deed (Sawaab) to keep our surrounding etc clean & if our unclean things or methods harm or matters our neighbours than is it said that this is a sin (gunah).

Also it is mentioned in Hadees that if anyone removes any harmful thing from the road or surrounding, this is a good deed (Sadqah) & one should not worry their neighbours with their waste garbage or etc & keep their personal hygiene, keep their houses clean & surroundings clean.

### Lesson no. 76 Health benefits of Ablution (Wazoo) & Salah (Namaz):

#### Wazoo: -

Wazoo (ablution) is washing of various parts of the body before Islamic prayers (Salah/Namaz). It is called as Ablution in English. It is an obligation before each Islamic prayer. Here I am only mentioning health benefits of performing Wazoo.

Wazoo (Ablution) with water where one washes his hands, face & feet region leads to preventing germs from the body thus promotes good health. It stimulates biological active spots similar to Chinese Reflexo-Therapy, which has beneficial therapeutic effects on the hands, face & feet region. It also helps to relax the nervous system & eases tension, stress & anxiety.

Washing hands for five times a day (excluding washing before & after dietary intake) before Islamic prayer is an effective way to keep germs away from the body specially hand washing is an efficient way to prevent spread of germs. Also gargling during ablution (Wazoo) is very important as it helps to remove germs, allergens & dust particles, doing gargle with plain water reduces the chances of common cold to a greater extent thereby contribute to health & hygiene & also reduces viral respiratory infections thus results in reduction of bad breath too.

Nose cleansing during Wazoo removes dusts, allergens & contaminated matter. Nose cleaning with plain water helps to minimize the infections such as flu, sinusitis, cold & chest infections & overcomes nasal congestion & clear sticky matter in the nose thus helps to treat allergic rhinitis, good for nasal dryness & improves breathing.

Face washing during ablution is very beneficial for refreshing as well as improving the facial complexion, reduces the impact of oily skin & retards the growth of acne, pimples, wrinkles & other facial spots.

Ears cleaning during ablution are quite effective to prevent wax accumulation. Cleaning ear with wet fingers five times a day is also good to remove dust & germs from the outer region of the ears.

Washing the feet & hands during ablution (wazoo) helps to cleaning dirt, fungus. It also acts like as acupressure while fingers are passing through the bottom area of the toes. Rubbing the toes with fingers is also good in case of diabetes & removing pain from the body. As lots of acupressure points are present in the upper & lower parts of toe regions & pressing these during ablution is helpful in curing of pain like back pain, arthritis, joints pain, etc.

### <u>Drink the remaining Ablution (wazoo) water: -</u>

Narrated by Sa'ib Bin Yazid . My maternal aunt took me to Nabi & & said: 'O Rasoolullah &! Indeed my nephew is in pain. So He & wiped over my head & supplicated for blessings for me. & He & performed Wazoo & I drank from the water of His Wazoo. Then I stood behind His back & I looked at the seal between His two shoulder blades & it resembled the egg of a partridge.

[Tirmizi: 4004; Book. 49; English vol. 1, Book. 46, Hadees. 3643]

### Islamic prayer (Salah/Namaz): -

There are 5 obligatory (farz) Islamic prayers in a day, if offered according to Sunnah & on correct time gives outstanding health benefits. It is said in Hadees that the account of Islamic prayers will be taken first in hereafter (Qiyamah) who will be perfect in Islamic prayers accounting on the day of hereafter, will be perfect in all other accounts.

It is also said in Hadees that the Islamic prayer curses the person who do not offer the Islamic prayers properly, also the Islamic prayer supplicates the person who offers the Islamic prayers properly on time & according to Sunnah.

So we should offer Islamic prayer properly & according to Sunnah so that we get benefitted by it in this world & hereafter also.

Offering Islamic prayers (Salah) has many benefits such as spiritual, religious, physical, mental, social, economical etc. It is one of the five fundamental requirements that a Muslim is obligated to perform. & it is given the highest priority in the Holy Quran. There are many benefits of Surely Prayer وإن الصلوة تنهي عن الفحشاء ,Surely Prayer restrains one from indecency.

[Surah Ankaboot: 45]

In chapter Lugman, We read that when Hazrat Lugman was giving advice to his son, the first & foremost on his mind was to remind his son, وَأَيُنِيَّ أَجِّ الصَّلَوٰةُ O my dear son! Observe Prayer."

[Surah Lugman: 17]

verily there is إِنَّ فِي الصَّالَوٰ قِشِفًاء , According to a Hadees the Nabi 🕮 said that cure in Salah. According to a Muslim scholar, as reported in monthly Urdu magazine, Tahazibul Akhlaq, Aligarh, India, a Muslim who offers Salah regularly has very little chance of getting arthritis as we exercise our bones & joints while we offer Salah.

1. Nabi & said: "The first thing that Allah made obligatory upon my Ummah was the five prayers; & the first thing from their acts of worship that shall be taken up will be the five prayers; & the first thing that they will be questioned about will be the five prayers."

[Kanzul Ummal, vol. 7, Hadees. 18859]

2. Nabi & said: "The prayer of a person is (in reality) a light in heart, so whoever desires, can illuminate the heart (by means of prayers)."

[Kanzul Ummal, vol. 7, Hadees. 18973]

3. Nabi said: "Whenever the time of each prayer arrives, an Angel announces to the people: O' People stand up & extinguish, with prayers, the fire which you have set alight for yourselves."

[Biharul Anwar, vol. 82, Page: 209]

4. Nabi & said: "The example of the five (daily) prayers is like that of a clear-water river flowing in front of your houses in which a person washes himself five times a day - cleansing him from all dirt."

[Kanzul Ummal, vol: 7, Hadees: 18931]

5. Nabi & states that Allah, The Exalted has said: "I have made the five prayers obligatory upon your Ummah & have made a covenant with Myself that one who maintains their prayers with respect to their timings, I shall place him in Paradise. As for the one, who does not maintain the timings, I have no covenant (with them)."

[Kanzul Ummal, vol: 7, Hadees. 18872]

6. Nabi & said: "The most beloved of deeds in the eyes of Allah are: offering prayers at the stipulated times; (then) goodness & kindness towards parents; (and then) Jihad in the way of Allah."

[Kanzul Ummal, vol: 7, Hadees. 18897]

7. Nabi & said: Do not destroy your prayers for verily one who destroys his prayers shall be resurrected in the company of Qarun, Haman & Firawn.

[Biharul Anwar, vol. 82, Page: 202]

# <u>Different positions of Islamic prayers (Namaz/salah): -</u>



In the light of Hadees we shall endeavor to describe some orthopedic benefits of Salah in this short note.

Regular exercise reduces cholesterol in the body. Cholesterol causes heart failures, strokes, coronary artery disease, diabetes & many other ailments. It is a known fact that people in professions where exercise is required have less amount of cholesterol in their bodies.

Islamic prayer Salah is an excellent form of exercise to prevent indigestion. In the morning when stomach is empty, a Muslim is required to offer fewer number of Rak'aat whereas in the evening after the dinner we offer an extra number of Rak'aat. By offering Takbir at the beginning of Salah, we move hand & shoulder muscles thereby increasing the flow of blood towards torso. Akamat performs a similar function.

The most important function in Islamic prayer Salah is sajdah where we touch the ground with our forehead. This posture increases fresh supply of blood to our brain. Needless to say in certain forms of yoga some adherents stand on their heads (shirsh asan) for the same purpose.

In tashah'hud position (see the pic above) our hip, elbow, knee joints, backbone, wrist joints move in a way that it provides a form of relaxation to our entire body. Pressure is applied on the body parts as if it was a kind of massage which releases tension.

Heart is the most important organ of the body. It supplies fresh blood to all body tissues. These body movements performed during Islamic prayer Salah are an excellent source of exercise for our heart as well. According to a Hadees, Holy Prophet & said: There is an organ in the body, when it is healthy, the whole body is healthy & when this is sick, the entire body becomes sick". It is the heart.

Narrated by An-Nu'man Bin Bashir 🐞 that he heard from Nabi 🗯 say, Beware! There is a piece of flesh in the body if it becomes good (reformed) the whole body becomes good but if it gets spoilt the whole body gets spoilt & that is the heart (الْقَلْب).

[Bukhari: 52; Book. 2; English vol. 1; Book. 2; Hadees. 50]

(This is a part of a long Hadees).

Remarkable tissues in our body are cartilages. They are unique living tissues with no direct blood supply. The only way it receives nutrients & oxygen is by movements of the joints. The pumping effect forces blood into the joint area which would otherwise be bypassed. Those who sit at the terminals are in greater danger of ending up with dead cartilage tissues that will subsequently wear away. This will leave us with arthritis, painful joints & paralysis. Bacteria & viruses find safe place in joints for this reason as no blood cell can get at them & in most cases neither can antibodies. Islamic prayer Salah therefore, has many orthopedic benefits for all Muslims. Next time you offer Salah, thank Almighty Allah that He made you a Muslim. *Indeed, there is cure in Salah.* 

# Islamic prayer (Salah/Namaz) & Yoga: -

There is great correlation between Islamic prayer (Salah/Namaz) & Yoga. Yoga rejuvenates the mechanism of body & mind. Yoga therapy is a refreshing process as well as a cost-effective solution; try to find out the very root cause of diseases. It helps to restore harmony among various

components of lifestyle- physical, social, emotional, spiritual, mental & psychological. The basic concept of Yoga is to relish & cherish the life with exhilarating excitement. The system provides psychological & emotional well-being. Being drugless therapies, it enhances sustainable & functional ability of the body. The same case is also with Islamic prayer (Salah/Namaz). Islamic prayer (Salah/Namaz) is certainly a substitute of stress & diseases free personality.



### Namaz is the finest form of meditation: -

Islamic prayer (Salah/Namaz) is one of the best forms of meditation or Dhyan from Yogic point of view where the person unilaterally surrenders to Allah Ta'ala. Meditation is defined as the uninterrupted flow of mind towards a particular object. It is one of the best stress & tension reliever. & is the perfect example of meditation where the performer thinks only & only about Allah Ta'ala. Thus, It provides the ultimate satisfaction & peace to the mind thus save you from many diseases & disorders.

Islamic prayer (Salah/Namaz) is one of the important means for health, happiness & harmony. It offers regular fitness & health by burning extra calories resulting in losing of weight thus controls obesity. The muscles get stretched & help to provide tone of muscles & also the stretching helps in eliminating the toxin stored in the muscles tissues thus improving their functions & movements. Also the metabolism of the body increases, it is also good for arthritis & enhances flexibility of the joints & reduces stiffness. It is a good source to balance anabolic & catabolic bio-chemical process of the body & good for heart, brain & the entire body.

Painful joints can be cured by means of it (Salah). When we stand the body becomes weak, however when we lift our hands naturally we gain strength. Everybody knows for the body to be in a healthy state the backbone needs to be in good condition. Islamic prayer Salah gives all the parts of the body strength & it cures the pains in the joints.

Many cardiologists, after research, have come up with the conclusion the illnesses of the heart are reduced when Islamic prayer Salah is offered.

### Health benefits of Oiva'm: -



The prayer begins with one stands & this has many benefits; one being that the body gains peace as the Ouran is being recited. The recitation has a healing effect on the body. It has been suggested by research that the healing is due to the effect of the Arabic sounds.

"And we have sent the Quran that which is a healing & a mercy to the believers; & it adds loss only to the unjust."

[Chapter 17 verse no. 82]

Muslim researchers have shown that when Muslims recite the Ouran: old thoughts, feelings, fears & guilt are released or healed. Virtually all of the sounds of the Arabic language are uttered while reciting Quran, creating a balance in all affected areas of the body. Standing posture in Islamic prayer (Salah/Namaz) (Oiya'm) ensures proper blood flow to the lower portion of the body. It is also good in strengthening the leg muscles.



The Takbir (Allahu Akbar) & Qiya'm (standing) together are found to improve posture, balance & self-awareness. This position also normalizes blood pressure & breathing, thus providing many benefits to asthma & heart patients due to peace physically & mentally.

# Health benefits of Ruk'u: -



The forward bending position of Islamic prayer (Salah/Namaz) (Ruk'u) is good for your lower vertebral column. It helps to ease your back pain as per Yogic philosophy. Doing Ruk'u properly helps to control backache & vertebral column related diseases. Ruk'u is effective in developing flexibility to shoulder, elbow & wrist, knees & ankle regions.

Ruk'u exerts abdominal pressure thereby eases constipation & peristaltic movements. During Ruk'u, the kidney experiences a sort of massage thus helpful to kidney problems.

The principal of a medical college, Doctor Muhammed Nawaz said, a surgeon came to me with his wife saying that she has pain in her back & knees, has taken much medication, but no cure.

Doctor Nawaz asked, "Do you offer Islamic prayers?" He replied, "Yes, 5 times a day." Doctor Nawaz said, "You do not perform Ruk'u & Sajdah properly." He showed him the Sunnah method. Sometime after observing the Sunnah correctly his wife got healed.

We all know that back problems are painful & restrict the daily activity of an individual. Ruk'u saves a person from getting a kidney stone & if one has stones, they will come out shortly. In Ruk'u the circulation of blood works well, benefitting the eyes & mind.

Ruk'u stretches the muscles of the lower back, thighs, legs & calves & allows blood to be pumped in the upper torso. It tones the muscles of the stomach, abdomen & kidneys. Forming a right angle allows the stomach muscles to develop.

This position also promotes a greater flow of blood into the upper regions of body particularly to the head, eyes, ears, nose brain & lungs to be released. Over time this improves brain function & ones personality & is an excellent stance to maintain the proper position of the feotus in pregnant women.

When coming up from Ruk'u we place the hands on the thighs which strengthen the spinal cord & create flexibility.

Health benefits of Sajdah (prostration): -



During Sajdah, one is in Vajrasana, a very important voga pose from health point of view. It strengthens the thigh & calf muscles. It is good for digestion & keeps vour spine firm & erect. Sajdah is very beneficial in the proper functioning of brain, lungs, body muscles, joints & entire vertebral column.

By performing Saidah blood reaches the upper body with less pressure on the heart as a person is stood up the heart has to try & pump the blood to the brain, however, when in prostration the blood reaches the brain without much effort.

Sajdah helps in blood supply to increase in the brain region & also stimulates the master gland pituitary gland as well as the pineal gland. Sajdah reduces the chances of brain hemorrhage & headache due to smooth blood flow to the head region. While performing Sajdah, the toes are experiencing acupressure which is good for better health of the body, especially for body pains.

Offering Saidah (prostration) in a relaxed pace is beneficial for internal organs. Prostration in the Sunnah way benefits the stomach making it muscular. The Sunnah way will relieve any problems with liver, kidney, back or stomach. When in the position of prostration the blood reaches the head effortlessly. In no other position in Salah does the blood reach the head sooner than in prostration. The blood goes to the eyes, brain & other parts of the head & nerves with which the intellect & the eyes become sharp.

Also the head gets earthing in Sajdah because the forehead is placed on the earth & the residue electricity of the brain gets out of the brain (our brain creates its own electricity) to the earth, likewise the electrical appliances like iron, machines etc get earthing due to a wire system which collects the residue electricity & gives the electricity to the earth.

Shaikh Nagshbandi states; "A person who offers Salah will have an illuminous face due to the fact that in prostration blood flows to the face." This is why in the tradition it states "those who pray Salah, their face will enlighten as the pious." Shaikh Nagshbandi also states that once he met a doctor who said, "If women found out the fact that to go into

prostration creates beauty in the face, they would not lift their heads from prostration."

Lengthy prostrations with humbleness & sincerity are beneficial to cure illnesses of the brain as the blood reaches the brain without effort. As the blood reaches the upper part of the body, such as the eyes, face & teethmaking the wrinkles disappear from the cheeks. A person does not look old & gets such ability making the muscles strong. If the prostration is done according to the Sunnah then one will not suffer from problems with block nose, hearing & headaches.

### Sitting position (Qaida): -



The position of Qaida (or juloos) is similar to the thunderbolt position in yoga, which firms the toes, knees, thighs & legs. It is said to be good for those prone to excessive sleep & those who like to keep long hours. Furthermore, this position helps in speedy digestion, aids in detoxification of the liver & stimulates peristaltic action in the small intestine.

### Health benefits of Sala'm (Neck Yoga): -



To complete the Islamic prayer (Salah) one will turn the head to the right & then left. The throat is activated by turning the head towards the right & then to the left shoulder to end the Islamic prayer. The nerve path linked to the throat, neck, arms, hands, bronchial (lung area), hearing, creativity &

communication improves much. Another benefit is that the chest gets strengthen & the collar bone is tightened. One should remember this can only benefit when we offer the Islamic prayer Salah correctly with sincerity. It is believed that a person who activates all nerve pathways at least once a day can remain well-balanced emotionally, physically & spiritually. Since this is the goal of all sincere Muslims we should all strive to attain the perfection of stance, recitation & breathing recommended in a Hadees while performing our prayers.

Salam is the excellent form of neck & upper vertebra exercise. It is the Griva-sakti-vikasaka (Strengthening the Neck) of Yogic Sukshma Vyayama, which is helpful in loosening the neck joints & also helps to relax the shoulder & upper back muscles. Salam helps to refresh all the nerves passes through the neck, thus good in case of headache & contend migraine.

### Supplication (Dua): -

When the hands are held open near the heart region for supplication (Dua), this activates the heart, which is the centre (region) of feelings, harmony & peace. It also governs the health of the heart, lungs, thymus, immune system & circulatory system.

### About 5 obligatory (farz) Islamic prayers: -

#### **FAJR**

Fair is the first Islamic prayer of the day, it is at early morning. Benefit of the first prayer (Fajr) of the day. If a person wakes up without washing the face & has his breakfast then the bacteria gathered in the mouth throughout the night will go down the stomach & produce diseases, stomach bloating, inflammation & ulcers.

#### **ZUHR**

Zuhr is the second Islamic prayer of the day. It is called to be prayed in afternoon. A person works at home or goes to work due to which pressure & stress starts building up, but the Zuhr prayer calms us down, relieving stress.

#### **ASR**

As is the third Islamic prayer of the day, It is to be offered at evening before sunset. At the time of Asr the speed of the rotation of the earth, reduces, having an effect on the 5 senses. At this time a person begins to consider the affairs of the evening & hurries to complete his work of the day, meaning at this time the stress is building up which has an effect on the body. Offering the Asr prayer gives more energy to the individual.

#### **MAGHRIB**

Maghrib is the fourth Islamic prayer of the day; it is to be prayed just after sunset. A person thanks his creator through actions for the sustenance, He, the exalter, provides. The work carried out through the day has supported him with his family & children. When one has an urge to thank Allah Ta'ala, one will sit with his partner with them with peace & affection. Children by nature copy the actions of the parents promptly. Basically if the prayer is offered at its prescribed time then the children will be inclined to be obedient towards their parents as it is the prayer that makes a person humble. The prayer will become a habit for the child to listen to the parents. However, if a child has been given nothing except things that morally corrupt his mind then he will naturally disobey his parents.

#### **ESHA**

Esha is the fifth & the last obligatory Islamic prayer; it is to be prayed at night. A person by nature desires at all times. When one comes home from work, they will eat to their full to quench their desire. Now when that person lies down on a full stomach there is a fear of many illnesses & the mind will not be at peace. But to offer Esha prayer before sleeping. the person will find peace & the tiredness will disappear, they will sleep better because during prayer they have exercised & hence, the food will be better digested.

# Taraweeh prayers: -

During the month of Ramzaan additional prayers are performed after Salahtul Isha called Taraweeh prayers; 20 units (Rak'aat) with a few minutes break after every 4 units for extolling the majesty Allah.

After breaking the fast the blood glucose level continues to rise from the food ingested. During fasting the blood glucose & insulin levels are at their lowest level especially at the end of fasting. After an hour or so after the Iftaar meal (breaking the fast), the blood glucose begins to rise & also plasma insulin. Liver & the muscles take up the circulating glucose. The blood sugar reaches high levels in an hour or two & the benefits of Taraweeh prayer comes into effect. The circulating glucose is metabolized into carbon dioxide & water during the Taraweeh prayers. Hence the Taraweeh prayers help in expending the extra calories & improve flexibility, coordination, reduce stress-related autonomic responses in healthy persons & relieve anxiety & depression.

### Tahajjud prayer (Salah).

Tahajjud (تهجیی), also known as the "Night Prayer" is a voluntary prayer, performed by followers of Islam. It is not one of the five obligatory prayers required of all Muslims, yet still, the Islamic prophet, Muhammad & has been recorded as performing the tahajjud prayer regularly & encouraging his companions to offer it to Allah for its many rewards & benefits & a way to purify the soul, enabling it to approach the Realm of Allah. Tahajjud may be performed in the early part of the night, the middle part of the night, or the later part of the night, but after the obligatory Isha Prayer (night Prayer).

### Commenting on this subject, Ibn Hajar says:

There was no specific time in which the Prophet & would perform his late night Prayer; but he used to do whatever was easiest for him.

Tahajjud Prayer does not entail a specific number of rak`ahs that must be performed, nor is there any maximum limit that may be performed. It would be fulfilled even if one prayed just one rak'ah of Witr after 'Isha'; however, it is traditionally prayed with at least two rak'at which is known as shif'a followed by witr as this is what Muhammad & did.

Abdullah Ibn Umar narrated that Muhammad & said: Salatul Layl (Night Prayer, i.e. Tahajjud) is offered as two rak'at followed by two rak'at & (so on) & if anyone is afraid of the approaching dawn (Fajr prayer) he should pray one rak'at & this will be a Witr for all the rak'at which he has prayed before.

[Bukhari: 990; Book. 14; English vol. 2; Book. 16; Hadees. 105]

Evidence in the Qur'an for Tahajjud prayer (Tahajjud Salah): -

Allah Ta'ala ordered Nabi 🕮 to perform Tahajjud in Quran: -

**Translation:** "And from [part of] the night, pray with it as additional (worship) for you; it is expected that your Lord will resurrect you to a praised station."

[Surah Bani Israaeel: 79]

This order, although it was specifically directed to Muhammad &, also refers to all Muslims, since Muhammad & is to be the perfect example & guide for them in all matters.

Moreover, performing Tahajjud prayers regularly qualifies one as one of the righteous & helps one earn Allah's bounty & mercy. In praising those who perform the late night prayers, Allah says what means:

Translation: "And those who spend [part of] the night to their Lord prostrating & standing (in prayer)."

[Surah Furgan verse no. 64]

### Nabi 🕮 guidance about Tahajjud prayer: -

1. Narrated by A'isha رضى الله عنها that Nabi 🕮 used to offer thirteen rak`at of the night prayer & that included the witr & two Rakat (Sunnah) of the Fair prayer.

[Bukhari: 1140; Book. 19; English vol. 2; Book. 21; Hadees. 241]

Tahajjud prayer is called as shalatullail or night prayer. That is the Sunnah prayer offered at night after awaking from sleep. Lail Prayer is Muakad Sunna or Sunnah prayers which are highly recommended because the Sunnah is rewarded. Tahajjud prayer is also called as Muakad because it is a direct command from Allah in Quran. In particular this means, Allah commanded that the prayer is the secret behind the secret, there is a tremendous benefit for people who are strong to do it.

The people who wake up at nights & perform ablution (wazoo) & offer tahajjud prayer & do Sajda (prostration) by which the blood smoothly flows to the brain. This blood is fresh or blood & very useful for brain health.

It is clear to us is that every command of Allah in the Holy Quran or the Hadees of Nabi are full of benefits & wisdom in it.

The Dua made at tahajjud is like an arrow that does not miss its target. Imaam Shaafa'ee (ra) says that it is the way of getting your Dua's accepted, a way of getting your sins forgiven, by performing it, it will bring light to your face & soul, it helps you fight your desires thus makes you closer to Allah. It builds the love of the Hereafter in your heart. Also softens the heart & humbles you in front of Allah. It strengthens the Our'an that you have memorized.



Please understand properly that the diseases & the treatments are sent down by Allah alone. & the medicines acts by Allah's will only.

We should do treatment with permissible medicines & method, we will get SAWAAB for treating ourselves & if we don't do so Allah can questions for not seeking the treatment.

# Diseases & treatment according to Nabi &'s teachings.

Dear respected Muslims! We should make the Sunnah of treatment alive as they very well deserve to be.

These Sunnah are forgotten & neglected ones, to which we need to bring awareness.

The reward of for this will be unimaginable.

Sahabah 🔈 learnt these Sunnah very well & did people coming after Sahabah & so on but in between we forgot theses Sunnah & today we & our generation is very far from them.

Please join the mission to make these Sunnah alive so that we all will be benefitted as Sahabah use to get.

Nabi & & Sahabah used these Sunnah of treatment & the patients use to get well immediately or sooner than what we do in today's era.

#### *Index of part-2* Lesson Page No. No. No. **Subjects** Fever (للخشام جيد) Cold & Cough Throat infection (Azrah) & Headache Mouth (Oral cavity) Nasal Therapy Eye diseases Heart, Oalb, cardiac problems, strengthening the heart Pleurisy & others chest problems Gastro intestinal diseases Wet dreams, Pregnancy, Menses & other related problems Children related guidance Skin related guidance Blood Kidney related guidance Grief, sorrow, depression, numbness, memory. Inferior complex, frightened, sorrowness, fear Weak memory (Nisyaan) Epilepsy Headache (migraine) Sleep & insomnia Narcolepsy & Stupor (الخدران) KHADRAAN Sciatica (Argunisa) Arthritis (Al-Nagras)

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# Lesson no. 1 Fever (الحبّر): -





#### **INTRODUCTION**

Fever is not a disease but is a sign & symptom of diseases & it is a sign of immunity, it is a body language, it is an abnormally high body temperature, usually accompanied by shivering, headache & in severe instances, delirium. When the body suffers from an infection we get fever, also by it we come to know about the severity of diseases. Nabi & said do not curse fever.

# Nabi &'s guidance about Fever: -

### Treat fever with water: -

1. Narrated by A'isha رضى الله عنها that Nabi 🕮 said: "Fever is from the heat of the (Hell) Fire, so cool it with water."

[Bukhari: 3263; Book. 59; English vol. 4; Book. 54; Hadees. 485]

2. Narrated from Abu Hurairah 🐟 that Nabi 🕮 said: "Fever is one of the bellows of Hell, so avert it from yourselves with cold water."

[Ibn Majah: 3604; Book. 31; English vol. 4; Book. 31, Hadees. 3475]

3. Hazrat Anas 🎄 says that Nabi 🐉 said: "If any of you suffer from fever, let him sprinkle cold water on himself for three consecutive nights before the day breaks. [Majmauz Zawaaid: 834]

#### Fever breath of hell: -

4. Narrated by Rafe' Bin Khadij 🐞 that Nabi 🐉 said: "Fever is from the agitation of fire, so cool it with water".

[Tirmizi: 2216; Book. 28; English vol. 4; Book. 2, Hadees. 2072]

5. Narrated by A'isha رضي الله عنها that Nabi ﷺ said: "Fever is from the heat of hell, so cool it with water".

[Tirmizi: 2217; Book. 28; English vol. 4; Book. 2, Hadees. 2074]

### Zamzam for fever: -

وهي الله عنهيا 6. Narrated by Abu Jamra ده الله عنها 4 that he used to sit with Ibn Abbas رخي الله عنها in Makkah, once I had a fever & he said (to me): "Cool your fever with Zamzam water, Nabi & said: 'It, (the Fever) is from the heat of the (Hell) Fire; so, cool it with water (or Zamzam water).

[Bukhari: 3261; Book. 59; English vol. 4; Book. 54; Hadees. 483]

#### Don't curse Fever: -

7. Abu Hurairah 🐟 said: Fever was mentioned in the presence Nabi 🕮 & a man cursed it. Nabi & said: "Do not curse it, for it removes the sins, just as fire removes the impurity of the iron".

[Ibn Majah: 3598; Book. 31; English vol. 4; Book. 31, Hadees. 3469]

8. Narrated by Hazrat Jabir Bin Abdullah 🐗 that Nabi 🎄 visited Umme Sa'ib or Umme Musayyib رضي الله عنها said Umme Sa'ib or Umme Musayyib why is it that you are shivering? She said:" It is fever & may it not be blessed by Allah, on this Nabi & said: "Don't curse fever for it expiates the sin of the children of Adam just as furnace removes the alloy of iron".

[Muslim: 2575; Book. 45; English vol. 4; Book. 32, Hadees. 6244]

# Rugvah for fever: -

9. Hazrat Anas 🐗 narrated that the Nabi 🕮 permitted (to do) Ruqyah for fever, the evil eye (Nazar) & sores (Namlah) (Many scholars mention scorpion bite in place of fever).

[Tirmizi: 2195; Book. 28; English vol. 4; Book. 2, Hadees. 2056]

10. Narrated by Subaan sthat Nabi said that "Indeed fever is a piece of fire, let extinguish it with water (by) standing in a flowing river facing the direction of it, & recite:

Before sunrise for 3 days, if no relief in 3 days than do it for 5 days, it no relief than 7 days if no relief than for 9 days & said indeed it will not remain after nine days by Allah's will.

[Tirmizi: 2228; Book. 28; English vol. 4; Book. 2, Hadees. 2084]

(Please note the above treatment is for hot (climate) places only).

11. Narrated by Ibn Abbas رضىالله عنها, that "For fever & all pains, Nabi & use to teach us to recite:

[Tirmizi: 2219; Book. 28; English vol. 4; Book. 2, Hadees. 2075]

12. Narrated from Umair that he heard Junadah Bin Abu Umayyah & say that Jibrail Sal came to Nabi & when He & was suffering from fever & recited:

<u>Translation</u>: (In the Name of Allah I perform Ruqyah for you, from everything that is harming you; from the envy of the envier & from every evil eye, may Allah heal you)."

[Ibn Majah: 3657; Book. 31; English vol. 4; Book. 31, Hadees. 3527]

# Reward to each organ: -

13. Abu Hurairah said: "No ailment that I might suffer from is dearer to me than fever, because it enters every organ of my body & Allah gives each organ its due share of the reward.

[Al Adabul Mufrad: 501 & Healing with Medicine of Prophet 🚜 by: Ibn Qayyim: 43]

Sins are removed during fever: -

14. Narrated by Abdullah 🐟 that I visited Nabi 🙈 during His ailments & He & was suffering from a high fever. I said: "You have a high fever. Is it because you will have a double reward for it?" He & said: "Yes, for no Muslim is afflicted with any harm but that Allah will remove his sins as the leaves of a tree fall down."

[Bukhari: 5647; Book. 75; English vol. 7; Book. 70; Hadees. 550]

15. Abu Hurairah 🥧 narrated that Nabi 🕮 visited a man who was ill & said: "Cheer up, for indeed Allah says: It is My Fire which I impose upon My sinning slave as his portion of the Fire." Al-Hasan said: "They would hope that the fever that occurred at night would atone for any deficiency caused by sins."

[Tirmizi: 2232; Book. 28, English vol. 4; Book. 2, Hadees. 2088]

Recite the following for fever: -

[Reference Hisnul Hasin (English by Muhammed Rafiq)]

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

Quranic verse for anger, obstinacy, fever & High grade Fever: -

Translation: - We said, 'O Fire! Be you cool & safety for Ibrahim.'

Recite the above Chapter 21 (Surah) Ambiya verse no. 69 again & again on the patient having high fever or to reduce anger & Stubbornness.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 120]

# Science & Hadees regarding Fever: -

Nabi & taught us to cool the fever with water. The same is still applied today putting cold pads on a patient's forehead; it is still used in a lot of hospitals & by doctors even though fever reducing medicines are abundant, like paracetamole (acetaminophen) & others.

Using water to reduce fevers is not limited till using cold pads. Drinking a lot of fluids is also helpful. This is also understood from the wordings of Nabi & cool it (fever) with water." Water is either what the patient drinks, what is given intravenously or what the patient puts on his face or body to cool the fever.

We have seen a lot of patients where fever reducing medicines (antipyretic) were not effective with their rising fever. At the same time, cold water had an immediate effect. That's why pediatricians advise parents to take a child's clothes off & give a lot of fluids if fever occurs. An antipyretic medicine can also be give like paracetamole to the patient.

#### What is fever?

Fever occurs when the body temperature rises above normal (37 C). There is an area in the brain (an area that lies over the pituitary gland in the front of the head) which is a temperature regulator.

When germs enter the body, they start secreting toxins. Toxins affect the temperature regulator causing its temperature to rise. The substances that cause this rise in temperature are called pyrogens. Pyrogens are caused not only by germs but also by the ruined tissues in the body after being affected with germs.

When the temperature rises, the rest of the body has to comply. It increases its temperature in response. Soon, the whole body feels feverish & the patient's temperature rises. This explains the saying of the Nabi & when He & described the believers in their kindness & affections like the body. If a part of it suffers from a germ or a virus, like inflammation in the respiratory pathways or inflammation of the urinary tracts & others, all of the body suffers from fever & restlessness.

The whole body suffers. The whole body has a rise in temperature & not only where it is affected. When the inflammation worsens, the germs increases & consequently ruin the tissues. The germs & the pyrogens will find the body's defense system ready to attack & eat the by-products of the germs & get rid of them. While doing this, it releases a substance called leucocytes pyrogens or endogenous. Therefore the fever remains while the body is cleansing itself from the by-products.

Didn't Nabi & taught us, when a man cursed the fever: "Don't curse it because it abolishes sins like fire abolishes dirt from iron."

It is cleansing for our sins, also cleansing of dead substances such as dead tissue & the by-products of the germs, like fire cleans the dirt from iron.

The famous book of physiology by Guyton, 1992 edition, stated that an amount equal to one over 10 billionths gram of endogenous are enough for a fever to occur. Such a small amount of a substance secreted in the body due to a very small germ or a virus is enough to transfer a person form being healthy, to becoming sick, feverish & bed ridden.

Recent scientific studies have shown that these leucocytes pyrogens cause fever by making a substance called prostaglandin in the local glands in the area of the hypothalamus. When the growth of this kind of prostaglandin is inhibited, by using medicines, the fever is reduced. This explains how medicines reduce fever. It inhibits the growth of prostaglandin & prevents its making.

Prostaglandin are number of hormone-like substances that participate in a wide range of body functions such as the contraction & relaxation of smooth muscle, the dilation & constriction of blood vessels, control of blood pressure & modulation of inflammation. Prostaglandins are derived from a chemical called arachidonic acid.

How do chills occur & why?

The temperature level rises suddenly from its normal level to a higher level, due to damage in the tissues, due to the release of temperature generating substances or due to dehydration. When this happens, the body temperature rises within a few hours to attain the new temperature. During this period, the patient shivers & feels cold, even though the body temperature is high, because blood vessels in the skin contracts. The chills remain until the body temperature reaches the new level set by the temperature regulator.

When the body temperature reaches that level, the chills stop & the patient feels neither warm nor cold. As long as the infection continues & the reason for the rise in temperature continues, the body temperature remains at this new level until Allah permits recovery.

# Lesson no. 2 Cold & Cough (جيداللخشام): -







#### INTRODUCTION

The common cold is an infection of your upper respiratory tract or nose & throat. A common cold is usually harmless, although it may not feel that way at the time. It may be runny nose, sore throat & cough, watery eyes, sneezing & congestion.

### Nabi &'s guidance about cold & cough: -

# Miswaak removes phleam & etc: -

(Refer Lesson no. 34. Miswaak in part-1)

- 1. Hazrat Abdullah Bin Abbas رضىالله عنهيا says that Rasoolullah ﷺ said that the ten benefits of Siwak (السواك) (Miswaak) are: -
  - Brings good smell in mouth
- Makes gums stronger
- Makes eye sight stronger
- Removes phlegm
- Reliefs inflammation
- It is Sunnah
- Pleases Farishtaas (Angles)
- Pleases Allah Ta'ala

[Kanz al-Ummal: 26185]

# Marzanjosh is beneficial in cold & cough: -

2. Hazrat Anas & says that Nabi & said: "For you Marzanjosh is present, this is very beneficial in cold & cough it can be smelled (its steam).

[Kanz al-Ummal: 17345 & Abu Nu-aim: 286]

### Raisins (dried Grapes) reduce phlegm: -

(Refer Lesson no. 7 Grapes & dried Grapes in part-1).

3. Hazrat Tamim Al-Daari للزبيب says once he gifted some raisins (الزبيب) (Munakka) to Nabi هم , Nabi المنافق took them in His (respected) Hands said eat this, it is a healthy meal, removes tiredness, cools the anger, gives strength, makes food sweet smelling, reduces phlegm (البلغم), brightens the face.

[Abu Nu-aim: 371]

4. Hazrat Ali له says that Nabi الزبيب (munnaka), these improves the raisins (dried grapes) (الزبيب) (munnaka), these improves the complexion, reduces phlegm (البلغم), strengthens the organs, removes tiredness, improves mood, increases good smell in breath & removes sorrow (grief).

[Abu Nu-aim: 319]

### <u>Cough during Salah (namaz): -</u>

5. Narrated by Abdullah Bin Sa'ib that Nabi recited Surah Al-Mu'minun in the Fajar prayer when He came to offer Eisha (prayer), He was overcome with a cough, so He bowed in Ruku. [Ibn Ma-jah: 869; Book. 5; English vol. 1; Book. 5, Hadees. 820]

# Excessive sneezing due to cold: -

6. Narrated by Abu Hurairah shat, Respond three times to your brother when he sneezes & if he sneezes more often, he has a cold in his head.

[Abu Dawud: 5034; Book. 43; English Book. 42; Hadees. 5016] (Respond the brother when he says الحيديثة after sneezing by saying يرحمك الله but if he sneezes very often & again & again then no need to say إير حمك الله عليه.).

7. Ilyas Bin Salma Bin Al-Akwa says that his father reported to him that he heard Nabi saying: ﴿ (May Allah have mercy upon you) when a person sneezed in His presence & he then sneezed for the second time, Nabi said to him: He is suffering from cold (and no response is necessary).

[Muslim: 2993; Book. 55; English Book. 42; Hadees. 7128]

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

# Quranic verse for Cold & Flu: -الْحَهْدُ لِلَّهِ الَّذِي أَنزَلَ عَلَى عَبْدِيهِ الْكِتَابَ وَلَمْ يَجْعَل لَّهُ عِوَجًا

Translation: - All praise to Allah Who sent down the Book upon His Bondman & has not put therein any crookedness.

Recite the above Chapter 18 (Surah) Kahf verse no 1 for 11 times & blow on food before eating.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 81]

# Science & Hadees regarding cold & cough: -



# 1. Uses of Marzanjosh (Marjoram) in Asthma & etc: -

Early research shows that taking 2 drops of marjoram oil daily along with asthma medication for 3 months might improve lung function in people with asthma better than taking asthma medication alone. Its oil is also used for coughs, gall bladder complaints, stomach cramps & digestive disorders, depression, dizziness, migraine, nervous headaches, nerve pain, paralysis, coughs, running nose; & as a water pill.

Marjoram Tea made from its leaves or flowers is used for running nose & colds in infants & toddlers, also for dry & irritating coughs, swollen nose & throat & ear pain. Its tea is also used for various digestion problems including poor appetite, liver disease, gallstones, intestinal gas & stomach cramps. Some women use marjoram tea for relieving symptoms of menopause, treating mood swings related to menstrual periods, starting menstruation & promoting the flow of breast milk. Other uses

include treating diabetes, sleep problems, muscle spasms, headaches, sprains, bruises & back pain. It is also used as a nerve tonic & a *heart tonic* & to promote better blood circulation.

### 2. About Miswaak: -



In the August 2008 issue of the Journal of Period ontology, there appeared a study conducted by Swedish researchers on the Miswaak. The study apparently found that suspended Miswaak pieces in a petridish, the

medium for culturing bacteria, were able to kill bacteria that cause periodontal disease without being in physical contact with the bacteria. Researchers, however, suggested that the Miswaak pieces may have been sprayed with antibiotic gases, in their attempt to explain the phenomenon.

Yet another study in 2003, comparing the use of the toothbrush & the use of the Miswaak can be reviewed currently online at the website for the U.S. National Library of Medicine & National Institutes of Health.

The study concluded that Miswaak was more effective than tooth brushing in reducing plaques & gingivitis provided it was used correctly. Similar studies found on the same website & elsewhere vouch for the effectiveness of Miswaak over toothbrush. It appeared to be more effective than tooth brushing for removing plaque from the embrasures, thus enhancing interproximal health, stated by researchers.

There have been plenty of published studies on the Miswaak & infact the entire books published on it.

With its strong anti-bacterial properties & perpendicular bristles, the Miswaak is a natural toothbrush, toothpaste & floss combined.

#### 3. Uses of Raisins in cold & cough: -



Raisins are one of the most effective home remedies for the treatment of a cough. It tones up the lungs & act as an expectorant, it also relieves cold & cough in a couple of days. A cup of grape juice mixed with a teaspoon of honey is advised for cough relieving. Grind up 3 ounces of raisins, adding water

to make a paste, Add 3 ounces of white sugar & heat the mixture until it forms a sauce. Allow to cool. Take half an ounce of the mixture every night at bedtime.

# Lesson no. 3 Throat infection (Azrah) (العزرة) & Headache: -



#### INTRODUCTION

Throat infection is an infection of the oral pharynx & tonsils mostly by streptococcus resulting in septic sore throat, strep throat, streptococcal sore throat, tonsillitis pharyngitis, raw throat & inflammation of the fauces & pharynx.

In Hadees a type of throat infection is called as Azrah (العنبة) & in Nabi s's time people use to press their children throat as a part of treatment, but the child use to get serious many times & Nabi sprohibited to press throat of their children & advised to use the following: -

**Note:** For headache there is a separate lesson.

Nabi &'s guidance about throat infection: -

# <u>Costus (Qust), a treatment for Azrah (throat infection): -</u>

(Also refer Lesson no. 24 Qust in part-1).



1. Hazrat Anas Bin Malik هه says that Rasoolullah هه said: "To your children during Azrah (العنرة) (their throat infection), do not press their throat & do not give them Azaab (Pain) you have Costus (Qust) (القسط) (use it).

[Bukhari: 5696; Book. 76; English vol. 7; Book. 71; Hadees. 599]

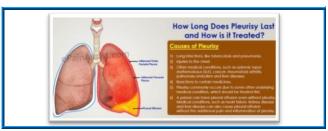
2. Hazrat Jabir Bin Abdullah الله says that Rasoolullah الله said: "Oh! Ladies, it is a matter of sorrow for you, that you kill your children "If any children have Azrah (العنرة) (swelling in throat) or Headache (بوجع الله ), than take dark costus (Qust Al Hindi) Rub (قسط هندى) it in (some) water & (the paste) should be licked.

[Mustadrak Al Hakim: 7456]

# Do not press any part of throat during infection: -



[Mustadrak Al Hakim: 8239]



4. Narrated by Umme Qais Bint Minsaan رضىالله that she took her son to Nabi ه who was suffering from Azrah (throat infection) & she had press his throat part, Nabi ه saw the child & said: "Why do you press"

your children & you should use Al-Ud hind (Aloes wood) for it, there are 7 cures, it should be inhaled for Azrah & taken by mouth for Zaatul Janb (pleurisy).

[Ibn Majah: 3590; Book. 31; English vol. 4; Book. 31, Hadees. 3462]

5. Narrated by Hazrat Jabir Bin Abdullah 🐇 once Nabi 🎄 come to his home, & saw a child who was brought, which was having bleeding from mouth & nose. Nabi ﷺ asked about it? Hazrat A'isha رضى الله عنها replied that the child is suffering from Azrah (العنرة) (in his throat), Nabi & said Alas! Ladies that you use to kill your children like this, In future, any children gets Azrah (العنرة) (infection in throat) or headache rub dark costus (Qust Al Hindi) & make the child lick. Hazrat A'isha رضىالله عنها did as said, & the child became healthy.

[Musnad Abi-Yaa'la: 1912]

The details given below are according to Ulama & Islamic Scholars & not from Hadees. Ouranic verse for Sore Throat: -

**Translation:** Why then it was not when the soul reaches to the throat & you are at that time looking on.

Recite the above Chapter 56 (Surah) Wagia verse no. 83 & 84 for 7 times on pinch of salt & swallow the salt.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 84]

**Ouranic verse for Coughing: -**

**Translation:** - Peace will be on them, a word from the Merciful Lord.

Recite the above Chapter 36 (Surah) Yaaseen verse no. 58 for 41 times & blow in water & drink or make the patient drink that water.

[Cures from the Quran a pocket Book by Muhammad Elahi page no. 86]

Science & Hadees regarding throat infection: -

Read lesson no. 24 Qust (costus) in part-1.

Qust (costus) is an anti-bacterial herb with a very good effect & olive oil increases in medicinal actions & both enhances action of each other.

### A research on Qust for pleurisy (Zaatul Janb) & other lungs disease: -

Anti-bacterial effect of Indian costus (Qust ul Hind) & sea-Qust & their water extracts on some pathogenic bacteria of the human respiratory system. AL-Kattan, Manal Othman Faculty of Science (Girls), Department of Microbiology, King Abdul Aziz University, Jeddah, Saudi Arabia (Accepted on 4 May, 2012).

The pathogenic bacteria of the human respiratory system are characterized by resistance to most anti-biotics. Staphylococcus aureus & Klebsiella pneumonia are some of the pathogenic bacteria of the human respiratory system which often cause pneumonia, pleurisy & meningitis. Moreover, they are the most prominent strains of bacteria in most hospitals.

Bacterial resistance to anti-biotics occurs as a result of excessive usage of anti-biotics in the treatment of diseases. For that reason, it is necessary to seek for medical alternatives that are safer for the treatment of these bacteria. Alternative medicine, especially, has revealed many plants & herbs that are used in the treatment for some diseases including respiratory diseases.

The purpose of this study is to determine the effect of the Indian Costus & sea-Qust on the pathogenic bacteria; Escherichia-coli, Pseudomonas aeruginosa, Staphylococcus aureus & Klebsiella pneumonia. In addition, the effect of the water extracts of the Indian costus & sea-Qust on S. aureus & K. pneumonia was also determined.

# Result of the research: -

The results showed anti-bacterial effect of two types of dried Costus roots on all tested bacteria, especially in high concentrations. Also, the cold or hot water extract of Indian Costus was highly effective against tested bacteria at 20 to 25% concentration, while the hot extract of sea-Oust was more effective against tested bacteria than its cold extract in all the concentrations used.

# Lesson no. 4. Mouth (Oral cavity):







### INTRODUCTION

Medical definition of oral cavity is the cavity of the mouth; especially the part of the mouth behind the gums & teeth that is bounded above by the hard & soft palates & below by the tongue & by the mucous membrane connecting it with the inner part of the mandible.

Bacteria & viruses usually cause oral infections. They can affect the teeth, gums, palate, tongue, lips & inside of the cheeks. Simple oral infections are limited to the mouth & are different from oral lesions, which are non-infectious & may be a sign of an illness that involves other parts of the body. Oral infections are very common. Tooth decay is the second most common infectious condition after the common cold.

# Nabi &'s guidance about oral: -

### Miswaak best for oral cavity: -

(Also refer Lesson no. 34. In part-1)



1. Abdur-Rahman Bin Abu Atiq ه says: "My father told me: 'I heard A'isha رضىالله saying, (narrating) from Nabi ه: "Siwak is a means of purification for the mouth & is pleasing to the Lord."

(Nasa'i: 5; Book. 1; English vol. 1; Book. 1, Hadees. 5)

### Importance of using miswaak regularly: -

2. Hazrat Abu Umamah \*\* reports that Nabi \*\* said: Use the tooth stick, for the tooth stick purifies the mouth & is pleasing to the Lord. Jibrail never came to me but he advised me to use the tooth stick, until I feared that it would be made obligatory for me & my Ummah. Was it not that I fear that it would be too difficult for my Ummah, I would have enjoined it upon them. & I use the tooth stick until I fear that I may make the front of my mouth sore. (*I.e.* my gums) (Or cause my teeth to fall out due to brushing them so often)."

[Ibn Ma-jah: 304; Book. 1; English vol. 1; Book. 1, Hadees. 289]

### Miswaak an obligation: -

3. Hazrat Abu Saeed له says that Nabi له said: It is Wajib (واجب) (obligation) to do Siwak (السواك) Miswaak & it is Wajib (واجب) to bath on every Friday to every Muslim & to apply Itar (الطِيب) if available.

[Bukhari: 880; Book. 11; English vol. 2; Book. 13; Hadees. 5]

4. Narrated by Abu Musa sthat "I came to Nabi swhen He swas using the Siwak & the end of the Siwak was on His Tongue & He swas saying, "A, a".

[Nasa'i: 3; Book. 1; English vol. 1; Book. 1, Hadees. 3]

(Means cleaning the tongue)

# Wife using husband's miswaak: -

5. A'isha رضى الله عنها narrated that "Nabi ه would clean His teeth with the Siwak & then He ه would give me the Siwak in order to wash it. So I would first use it myself, then wash it & return it.

[Abu Dawud: 52; Book. 1; English Book. 1; Hadees. 51]

# Doing miswaak during fasting: -

6. Hazrat Amir Bin Rabi'ah 🐗 narrated from his father that he saw, Rasoolullah 🕮 doing Miswaak during fasting (number of times).

[Tirmizi: 725; Book. 8, English vol. 2; Book. 3, Hadees. 725]

# Doing miswaak after wakening up: -

7. Narrated by Huzaifa 🚓, Whenever Nabi 🕮 got up for Tahajjud prayer He 🕮 used to clean His Mouth (and Teeth) with Siwak.

[Bukhari: 1136; Book. 19; English vol. 2; Book. 21; Hadees. 237]

8. Hazrat Abdullah Bin Abbas رخىالله عنهيا says that Rasoolullah ﷺ said that the ten benefits of Siwak (السواك) (Miswaak) are: -

- Brings good smell in mouth
- Makes gums stronger
- Makes eye sight stronger
- Removes phlegm
- Reliefs inflammation
- It is Sunnah
- Pleases Farishtaas (Angles)
- Pleases Allah Ta'ala
- Is Neki (Sawaab)
- Cleans the bowel

[Kanz al-Ummal: 26185]

#### Olive Miswaak the best for oral cavity: -

9. Hazrat Maaz Bin Jabal هه says that Nabi هه said: The best twig (miswaak) is of Olive (Zaitoon) the precious tree, because it gives good smell in mouth, reduces swelling, it is liked by Me, & was liked by Prophets عليه السلام who came before me.

[Mojam Ausat: 678]

# Rinse the mouth after drinking milk: -



10. Narrated by Ibn Abbas رحى الله عنهيا that Nabi ﷺ drank milk & then rinsed (Gargle) His Mouth & said: "It contains fat."

[Bukhari: 5609; Book. 74; English vol. 7; Book. 69; Hadees. 514]

# Rinse the mouth while performing Ablution (wazoo): -

11. The version of Ibn Juraij has the working "If you perform ablution, then rinse your mouth."

[Abu Dawud: 144; Book. 1; English Book. 1; Hadees. 144]

# Mouth is a path of Quran so do miswaak: -

12. Narrated by Ali Bin Abu Talib 🐞 that "Your mouths are the paths of the Quran, so perfume them with the tooth stick."

[Ibn Ma-jah: 306; Book. 1; English vol. 1; Book. 1, Hadees. 291]

# Cover the mouth while yawning: -



13. Ibn Abbas رخىالله said: "When someone yawns, he should place his hand over his mouth. Yawning comes from Shaitaan."

[Al-Adab Al-Mufrad: 950, Book. 1; English Book. 40, Hadees. 950]

14. Abu Saeed Al-Khudri reported that Nabi said: When one of you yawns, one should hald hand over mouth, because the devil enters.

[Abu Dawud: 5026; Book. 43; English Book. 42; Hadees. 5008]

#### Taking medicine through one side of mouth: -

15. Qatadah المتعلقة narrated from Abu Abdullah that Zaid Bin Arqam said that Nabi would acclaim olive oil (Zait) (النَّوْنَ لَيُ Memecylon (Warss) (النُّوْنَ لَيْنَ ) for (the treatment of) pleurisy." Qatadah said: "And it is put in the mouth on the side which he is suffering."

[Tirmizi: 2222; Book. 28, English vol. 4; Book. 2, Hadees. 2078]

16. Maimun Abu Abdullah said:"I heard Zaid Bin Arqam القسط saying that Rasoolullah هه ordered us to use Qustul Bahri (القسط البعرى) (white coloured costus) & Zait (olive oil) for Zaatul Janb (خات الجنب) (pleurisy).

[Tirmizi: 2223; Book. 28; English vol. 4; Book. 2; Hadees. 2079]

# Cover the mouth while sneezing: -



17. Narrated by Abu Hurairah that Nabi when sneezed, He placed His Hand or a garment on His Mouth & lessened the noise. The transmitter Yahya is doubtful about words khafada or ghadda (lessened).

[Abu Dawud: 5029; Book. 43; English Book. 42; Hadees. 5011]

# 18. Rules of (while) sneezing: -

When Sneezing:

All praise is to Allah.

The listener's reply:

May Allah have mercy on you.

بَهُدِيكُمُ اللهُ May Allah guide you.

[Abu Dawud, Vol: 2, Page: 338]

#### Guidance during illness: -

The sneezer's response:



19. Hazrat Suhaib 🐞 reports that his right eye was paining & he was eating (ټر) dates, looking to this; Rasoolullah 🐉 said that you are eating Tamar (قر) (dates) in spite of eye pain, on this, Hazrat Suhaib 🐇

said that I am eating from left side & my right eye is paining.

[<u>Baihagi</u>: 20047]

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

#### Bad sores & Apthous ulcer: -



قَالَ إِنَّهُ يَقُولُ إِنَّهَا بَقَرَةٌ لَا ذَلُولٌ تُثِيرُ الْأَرْضَ وَلَا تَسْقِى الْحَرْثَ مُسَلَّمَةٌ لَا شِيَةَ فِيهَا أَ قَالُوا الْآنَ جِئْتَ بِالْحَقِّ أَ فَنَبَحُوهَا وَمَا كَادُوا يَفْعَلُونَ

Translation: - He said: "He says, 'It is a cow neither trained to plow the earth nor to irrigate the field, one free from fault with no spot upon her. They said: "Now you have come with the truth." So they slaughtered her, but they could hardly do it.

Recite the above Chapter (Surah) 2 Bagara verse no. 71 for 41 times & blow on the medicine to be applied on the affected area.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 52]

#### Blisters on skin & mouth: -



وَالضُّحَىٰ ﴿ ﴾ وَاللَّيْلِ إِذَا سَجَىٰ ﴿ مَا وَدَّعَكَ رَبُّكَ وَمَا قَلَى ﴿ وَلَلْآخِرَةُ خَيْرٌ لَّكَ مِنَ الْأُولَىٰ ﴿ ﴾ وَلَسَوْفَ يُعْطِيكَ رَبُّكَ فَتَرْضَىٰ ﴿ اللَّهِ يَجِدُكَ يَتِيمًا فَآوَىٰ ﴿ ﴾ وَوَجَدَكَ ضَالًّا فَهَدَىٰ ﴿ ﴾ وَوَجَدَكَ عَائِلًا فَأَغْنَى ﴿ ﴾ فَأَمَّا الْيَتِيمَ فَلَا تَقْهَرُ ﴿ ﴾ وَأَمَّا السَّائِلَ فَلَا تَنْهَرُ ﴿ ﴾ وَأَمَّا بِنِعْمَةِ رَبِّكَ فَحَيِّثُ ﴿ ﴾

Recite the above Chapter 93 (Surah) Zoha (full Surah) for 41 times & blow on sugar & use it.

[Cure of our worries from Holy Quran a pocket Book by Maulana Muhammad Shafique page no. 62 & Cures from the Quran a pocket Book by idara page no. 50]

Cure for stammering (improper speech): -

Recite the above Chapter 20 (Surah) Ta'ha verse no 25 to 28 for 3 times every day. This verse increase knowledge also.

[Cures from the Quran a pocket Book by Muhammad Elahi page no. 83]

# Science & Hadees regarding oral cavity:

Read lesson no. 34 miswaak in part-1.

#### Scientific Studies on Miswaak: -

The Wrigley Company conducted a study on the Miswaak which was published in the Journal of Agricultural & Food Chemistry in 2007. Wrigley's research concluded that mints laced with Miswaak extract were 20 times more effective in killing bacteria than ordinary mints. A small testimony to this fact is that, after half an hour, the mints laced with Miswaak extract killed about 60% of the bacteria where as the ordinary mints managed only 3.6%. (Please remember the ratio mentioned in Hadees, about Salah offered after using Siwak (Miswaak) is 70 times better than Salah offered without doing Miswaak).

In August 2008 issue of the Journal of Period ontology, there appeared a study conducted by Swedish researchers on the Miswaak, as well. The study apparently found that suspended Miswaak pieces in a petridish, the medium for culturing bacteria, were able to kill bacteria that cause periodontal disease without being in physical contact with bacteria. The researchers, however, suggested that Miswaak pieces may have been sprayed with anti-biotic gases, in their attempt to explain phenomenon.

Yet another study, one comparing the use of the toothbrush & the use of the Miswaak (2003) can be reviewed currently online at the website for the U.S. National Library of Medicine & National Institutes of Health (PubMed).

The study concluded that Miswaak was more effective than tooth brushing in reducing plaque & gingivitis (inflammation of gums) provided it was used correctly. Similar studies found on the same website & elsewhere vouch for the effectiveness of Miswaak over toothbrush. "The miswaak appeared to be more effective than tooth brushing for removing plaque from the embrasures, thus enhancing interproximal health," stated the researchers.

There have been plenty of published studies on the Miswaak & in fact, entire books published which study its oral & systemic benefits.

With its strong anti-bacterial properties & perpendicular bristles, the Miswaak is a natural toothbrush, toothpaste & floss combined.

#### Lesson no. 5 Nasal Therapy. (السعوط) (Taking medicines through nose):

#### INTRODUCTION

Medication or line of treatment through nasal cavities is called as Nasal therapy.

There are many Hadees in which it is advised to put medicine in nose; it is among the best therapy or treatments. (It is called as Saut (السعوط) in Hadees).

It is called as Nasal therapy in modern science & Nasya in Ayurveda. There is a lot of research going on Nasal therapy.

# Nabi &'s guidance about Nasal therapy: -

#### Taking medicine through nose: -



1. Narrated by Ibn Abbas رضىالله عنهيا that Nabi ﷺ snuffed medicine through nose (Sa-ut).

[Abu Dawud: 3867; Book. 29; English Book. 28; Hadees. 3858]

# 4 (Four) best treatments: -

- 2. Hazrat Ibn Abbas رضىالله says that Rasoolullah ﷺ said that "Amongst the treatment you do:
  - a) The best is to put medicine (دواء) in nose (السعوط),
  - b) To put medicine (دواء) in one side of mouth (اللدود),
  - c) Hijamah (الحجامة) (Cupping)
  - d) Walking (الهشى) (Laxatives).

[Tirmizi: 2184; Book. 28, English vol. 4; Book. 2, Hadees. 2047]

(البشى) Walking here is considered as movement of intestine by Imam Qayyim (ra) & senna is best to use as a laxative; please refer lesson no.

25 in part-1. Also there are more Hadees in which it is advised to put medicine in nose.

#### **Sneezing: -**

It is Sunnah to cover the nose & mouth while sneezing & to lower the sound of sneezing as possible: -



4. Narrated by Abu Hurairah 🐞 that Nabi 🗯 when sneezed. He splaced His Hand or a garment on His Mouth & lessened the noise. The transmitter Yahya is doubtful about exact words khafada or ghadda (lessened).

[Abu Dawud: 5029; Book no. 43; English Book. 42; Hadees. 5011]

#### 5. Rules of (while) sneezing: -

All praise is to Allah. When Sneezing:

May Allah have mercy on you. The listener's reply:

May Allah guide you. The sneezer's response:

[Abu Dawud, Vol: 2, Page: 338]

# Doing ablution (wazoo) & cleaning the nose after wakening: -

6. Narrated by Abu Hurairah 🐞 that Nabi 🐉 said: "If anyone of you arouses from sleep & performs ablution (wazoo), he should wash his nose by putting water in it & then blowing it out thrice, because devil (Shaitaan) has stayed in the upper part of his nose all the night".

[Bukhari: 3295; Book. 59; English vol. 4; Book. 54; Hadees. 516]



The details given below are according to Ulama & Islamic Scholars & not from Hadees.

#### Buzzing or Humming in the ears: -

When there is buzzing or humming in the ears, one should think of Rasoolullah & & recite the Durood & recite the following Dua: -

[Hisnul Hasin (English by Muhammed Rafiq)]

#### For pain in ears: -

Recite the above Chapter 31 (Surah) Luqmaan verse no 7 for 7 times & blow on painful ear.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 75]

# For deafness: -

Recite the above Chapter 7 (Surah) Aa'Raaf verse no. 204 for 7 times & blow on the patient.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 80]

# For tooth ache: -

قُلْ هُوَ الَّذِي أَنْشَأَكُمْ وَجَعَلَ لَكُمُ السَّمْعَ وَالْأَبْصَارَ وَالْأَفْئِدَةَ ۗ قَلِيلًا مَا تَشْكُرُونَ



Recite the above Chapter 67 (Surah) Mulk verse no. 23 for 7 times placing a finger on the painful tooth or grind & press the tooth little.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 74]

Recite full Chapter 1 (Surah) Faateha then recite the above Chapter 6 (Surah) An'am verse no. 13 for 7 times & blow on the right hand & rub gently on the affected area.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 82]

# Science & Hadees regarding Nasal therapy: -

Nasal administration (administration through the nose) may allow certain drugs other molecules to bypass the blood-brain barrier via diffusion through the olfactory epithelium & the perineural sheath or via retrograde axonal transport along olfactory & trigeminal nerves. This latter process probably implies endocytosis of the molecules. Using this route to the brain allows high concentrations of products in the olfactory bulb shortly after exposition & by diffusion to the entire brain. Therefore using this pathway allows a better bioavailability, assuming that the molecule has the right physic-chemical characteristics to get through the nose & the epithelial defenses.

The nasal cavity is covered by a thin mucosa which is well vascularised (has many blood vessels). Therefore, a drug molecule can be transferred quickly across the single epithelial cell layer directly to the systemic blood circulation without first-pass hepatic & intestinal metabolism. The effect is often reached within 5 minute for smaller drug molecules. Nasal administration can therefore be used as an alternative to oral administration, for example tablets & capsules if a fast effect is desired or if the drug is extensively degraded in the gut or liver. Drugs which have poor absorption can be given by this route.

# Question & Answer regarding uses of inhalers in Ramzaan / Fasting: -

Answers given by General Supervisor: Shaikh Muhammad Saalih Al-Munajjid & Shaikh Muhammad Ibn Saalih Al-'Uthaymeen.

**Question:** Is it permissible to use a nasal spray that contains a percentage of alcohol? Does it break the fast for one who is fasting? I have an allergy to dust that causes me to sneeze continually (as much as 60 sneezes in succession). The doctor has prescribed for me medicine in a spray that contains 0.25% of alcohol. I only use this medicine in urgent cases, but I do not know whether it is permissible for me to use this medicine or not. & what is the ruling on using it in Ramzaan in particular?

**Answer:** We inform you that there is nothing wrong with using this medicine that contains that percentage of alcohol, which is very low & is dissolved in the medicine & there is no apparent trace of it, so it does not come under the ruling prohibiting alcohol. We have quoted the fatwas of the scholars concerning that. Using sprays for allergies does not invalidate the fast according to the correct opinion, whether they are administered through the nose or through the mouth, as they are in the form of vapour & do not contain any solid matter that enters the stomach.

**Question:** I have an allergy that affects my nose & I use a nasal spray to treat it. If I do not use it, it causes me great difficulty in breathing & I cannot do without the medicine for more than three hours. If I do not use it, it will make breathing very difficult. The problem is that the month of Ramzaan is coming & I use this medicine & am afraid it will affect my fast, but if I stop using it I cannot cope. Please note that on some days in Ramzaan, I did use it but I am very careful to prevent it from reaching my throat. What is the ruling on that? & what is the ruling on using it?

**Answer:** The spray that you are using is like a kind of gas because it is dispersed in the air & does not reach the stomach. As that is the case, we say that there is nothing wrong with using this spray when you are fasting & you are not breaking the fast by doing that because - as we have said - no part of it reaches the stomach because it is something that is dispersed in the air & disappears & no particle of it reaches the stomach such that we could say that it is something that breaks the fast. So it is permissible for you to use it when you are fasting.

[Fataawa Noor 'ala al-Darb, tape. 44]

#### How to Use Nose Drops or medication properly according to medical: -

Having someone else give you the nose drops may make this procedure easier.

1. Blow your nose gently.	
2. Wash your hands thoroughly with soap & water.	2
3. Check the dropper tip to make sure that it is not chipped or cracked.	
4. Avoid touching the dropper tip against your clean nose.	
5. Tilt your head as far back as possible, or lie down on your back on a flat surface (such as a bed) & hang your head over the edge.	5
6. Place the correct number of drops into your nose.	6
7. Bend your head forward toward your knees & gently move it left & right.	

- 8. Remain in this position for a few minutes.
- 9. Clean the dropper tip with warm water. Cap the bottle right away.
- 10. Wash your hands to remove any medication.



#### Saline Nasal Spray: -

Allergies cause nasal obstruction & inflammation. When the normal clearance of mucus from the nasal passage toward the throat becomes obstructed, it leads to retention of mucus within the sinus cavities. Saline nasal sprays may help liquefy these secretions & decrease the risk of crusting in the sinus cavities, according to the American Academy of Allergy Asthma & Immunology. Some studies support the use of saline solution (salt water) to restore moisture to dry nasal passages & sinuses & to lessen the inflammation of mucous membranes. Findings show that if saline irrigation is used regularly, it can help to thin mucus, decrease postnasal drip & cleanse your nasal passages of bacteria. The two main ways to use saline irrigation are with a Neti pot or small squirt bottle. Saline sprays also help keep the cilia in your nose healthy. Cilia are small hair-like structures in your nose that help humidify air to your lungs, trap bacteria to prevent them from entering the cells & aid your sense of smell. By keeping cilia healthy, studies show that saline sprays may help treat rhinitis & sinusitis.

#### Lesson no. 6 Eye diseases: -







# INTRODUCTION

There are many eye diseases from minor to major mostly caused by bacteria or viral infection, causing pain, inflammation of eyes, watering of eyes (ehiphora), increase in eye pressure, visual impairment & etc.

# Nabi &'s guidance about eye diseases: -

#### Kamaat (truffle / mushroom) a blessing thing & cure for eye diseases: -







Truffle

1. Hazrat Saeed Bin Zaid 🐗 says that Nabi 🕮 said Kamaat (الكباة) is among Mann (a blessing thing) (العين), water of it, is cure for eyes (العين).

[Bukhari: 4478; Book. 65; English vol. 6; Book. 60; Hadees. 5]

2. Hazrat Abu Saeed & Jabir 🐗 says that Nabi 🕮 said that Kamaat (الكباة) are a type of Mann & its water is a healing for eyes (diseases). & the 'Ajwah (dates) are from Paradise (Jannah) & they are healing for poisoning (السُّمِّ)".

[Ibn Ma-jah: 3579; Book. 31; English vol. 4; Book 31, Hadees. 3453]

3. Amr Bin Huraith heard from Saeed Bin Zaid 'Amr Bin Nufail 📥 that Nabi ﷺ said Kamaat (الكباة) is among Mann (البن), which Allah Ta'ala sent for Bani Israel, its water is cure for eyes (العين).

[Ibn Ma-jah: 3581; Book. 31; English vol. 4; Book. 31, Hadees. 3454]

4. Hazrat Suaheeb 🐗 says that Rasoolullah 🗸 said: "For your beneficial, Kamaat (الكهاة) is present, that are among Mann (اللهاة) & its water is cure (شفاء) for eyes (العين).

[Abu Nu-aim: 258]

#### Kamaat (truffle / mushroom) a blessing thing & not small pox of earth: -

5. Hazrat Abu Hurairah 🐗 says that some people use to say that Kamaat are small pox (جدري) of earth, on this Rasoolullah 🕮 said Kamaat (الكباة) is among Mann (البرر) & its water is cure for eyes & Ajwah (dates) are from Jannah (الجنة) it saves from poisoning.

[Ibn Ma-jah: 3582; Book. 31; English vol. 4; Book. 31, Hadees. 3455]

6. Qatadah says that Hazrat Abu Hurairah & said that, he took 3 or 5 or 7 Kamaat (الكباة) & drew out water from them & collected the water in a bottle & used the water for a slave eye disease & her eyes got cured.

[Tirmizi: 2211; Book. 28, English vol. 4; Book. 2, Hadees. 2069]

# 3 things which increase vision: -

7. Hazrat Buraidah 🐟 says that Nabi 🕮 said that 3 things increase the vision (البصر) Ismid (surma) (اثمان), to see greenery (البصر) (plant & etc) & to see a beautiful face (وجهحسري).

[Kanz al-Ummal: 28314]

8. Hazrat Abdullah Bin Abbas رضىالله عنهيا says that Rasoolullah 🖓 said: The best surma you have is Ismid (اثما) (Antimony) it makes the vision (البصر) clear & makes the hair (eye lashes) grow.

[Ibn Majah: 3626; Book. 31; English vol. 4; Book. 31, Hadees. 3497]

Sabir (Aloe Vera) for eve infection: -



9. Hazrat Nubayh Ibn Wahb 💩 says that Hazrat Umer Ibn Udaidullah Ibn Ma'mar 🐞 had an eve infection & he wanted to apply collyrium (Surma) (kohl) in his eve. but Hazrat Abaan Ibn Usman 🧆 told him not to do so, & asked to apply Sabir (صبر)

(Aloe Vera) in his eye, & said that he heard from Hazrat Usman Ibn Affan & that, Nabi & did the same.

[Abu Dawud: 1838; Book. 11; English Book. 10; Hadees. 1834]



10. Hazrat Abaan Bin Usman narrated that his father says that one man had an infection in his eyes, while he was in Ihram & Nabi & advised him to apply Sabir (صبر) (Aloe Vera).

[Nasa'i: 2711; Book. 24; English vol. 3; Book 24, Hadees. 2712]

#### Hijamah (cupping) improves eve sight: -



11. Abbad Bin Mansur narrated from Hazrat Ikramah 🧆 that Hazrat Ibn Abbas had 3 slaves (gulam) who use to do Hijamah (الحجامة), Among 3, two uses to bring grocery etc & one use to do Hijamah

says that رضى الله عنهيا for him & his Family members & Ibn Abbas الحجامة) Rasoolullah said: "The Best Slave (gulam) is who knows Hijamah (الحجامة) (to do) & removes the blood, by this the problems of back & spine goes, eye sight improves," & Rasoolullah & said: "When I went to Mehraaj, the groups of Angels (farishtaas) I passed said undergo Hijamah (الحجامة) & the best days are 17th or 19th or 21st (Moon days) & Rasoolullah 🐟 said: "The best way for treatment is: To put medicine in nose; To put medicine in one side of mouth; A cut of Hijamah (الحجامة) &



Laxatives & said that Rasoolullah & was given Medicine by mouth Rasoolullah asked who gave Me medicine? To this all were silent & Rasoolullah & said that "In My Family members all were given medicine, except Abbas رضى الله عنهيا, (because he never needed medicine).

[Tirmizi: 2191; Book. 28, English vol.4; Book 2, Hadees. 2051]

(Laxatives are the food products or medicine which cleans the intestines by inducing stools).

12. Hazrat Ibn Abbas رخى الله عنييا , says that Nabi 🎄 said: "What a nice slave is the cupper (a person who does Hijamah (الحجامة) (Wet Cupping) he removes toxins from blood, lightens his back & sharpens his eye sight & said that at the Night of Mehraaj every group of Angels (Farishtaas) that Rasoolullah & passed said: "O Muhammad &! You should use Hijamah (cupping).

[Ibn Majah: 3606, 3607; Book. 31; English vol. 4; Book. 31, Hadees. 3477, 3478]

# **Guidance during illness: -**



13. Hazrat Suhaib 🎄 reports that his right eye was paining & he was eating Tamar (ټر) (dates), looking to this; Rasoolullah & said that you are eating Tamar (ټر) (dates) in spite of eye pain, on this, Hazrat Suhaib 🐗 said, that I am eating from left side & my right eye is paining.

[Baihagi: 20047]



14. Whenever any of the Nabi &'s wives suffered from conjunctivitis, Nabi & did not touch her until her eyes were cured".

[Reference Abu Nu-aim; at-Tibbun Nabawi]

#### Rugyah (Dua) for eye diseases: -

15. Once, wife of Abdullah Bin Masood somplained about her eyes, he said to her "If you had done, what Nabi & used to do, it would have been better for you & would have brought fast healing to your eyes. Splash water on your eyes & then say,

**Translation:** "Cure the ailment, O LORD of the people, Bring about the cure, for You Alone Bring the cure & there is no cure except that which You Bring about. Bring a type of cure that eradicates every ailment".

[Ibn Ma-jah: 3660; Book. 31; English vol. 4; Book. 31, Hadees. 3530.]

(It is a part of a long Hadees).

Please refer lesson no. 49 Kamaat (mushrooms & truffles), 50 Surma (collyrium), 66 Nazar (evil eye) & 67 Treatment of Nazar (evil eye) in part-1.

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

# For pain in eves: -

Recite the following Dua: -

[Hisnul Hasin (English by Muhammed Rafig)]

# For strengthening the eves: -

Recite the above Chapter 50 (Surah) Qaaf verse no. 22 for 3 times after every Salah & blow on fingers & rub gently on both eyes.

[Cures from the Quran a pocket Book by Muhammad Elahi page no. 79]

# To protect the eve sight & eve pain: -

إِنَّا أَنزَلْنَاهُ فِي لَيْلَةِ الْقَلْدِ ﴿ وَمَا أَدْرَاكَ مَا لَيْلَةُ الْقَلْدِ ﴿ لَيْلَةُ الْقَلْدِ خَيْرٌ مِّنَ أَلْفِ شَهْرٍ ﴿ ۚ تَنَزَّلُ الْمَلَائِكَةُ وَالرُّوحُ فِيهَا بِإِذْنِ رَبِّهِم مِّن كُلّ أُمْرِ ﴿ ﴿ سَلَامٌ هِي حَتَّىٰ مَطْلَعِ الْفَجْرِ ﴿ ﴿ اللَّهِ اللَّهُ مِنْ اللَّهُ مِنْ اللَّهُ اللَّهُ اللَّ

Recite the above Chapter 97 (Surah) Qadar (full Surah) for 3 times after every Salah (Namaz) & blow air on fingers & rub gently on both eyes. If anyone recites this Surah after Wazoo & looks at the sky, the eyesight will never weaken down Insha Allah.

[Cure of our worries from Holy Quran. by Maulana Muhammad Shafique page. 46]

# Science & Hadees regarding collyrium (Antimony): -



Antimony strengthens the optic nerve & is considered the best collyrium (kohl) (surma) when mixed with musk powder for elderly people with poor vision weakened by old age & also helps to reduce skin flap growing on the eyelid, mange of the eyelids & it relaxes eyestrain.

It helps detoxify eye moisture & eases congestion in tear ducts. It helps natural cleansing of the eyes & helps to protect the eyes from dust particles floating in the air & brightens one's sight. When Ismid is mixed with honey diluted in water & applied on the edge of the eyelid, it helps to reduce headaches.

Mange means a skin disease of mammals caused by parasitic mites & occasionally communicable to humans. It is characterized by severe itching, hair loss & the formation of scabs & lesions.

# Science & Hadees regarding Truffles & mushrooms: -

(Pictures are given at the start of this lesson)

#### *Truffles are an important source of protein among the desert plants. The* compositions are as follows: -

It has 77% water & 23% other substances. These substances include 60% hydrocarbons, 7% fats, 4% fibers, 18% proteins & the remaining 11% are in the form of ashes that remain after its burning. Seventeen amino acids have already been recognized in the proteins present in the truffles.

When Prophet & describes the truffles as manna, this actually implies that they grow by the Will & Grace of Allah as they are not cultivated by man. Moreover, they require neither seeds nor water to grow. The only interference by man in this process is to exert effort in their gathering. As for the other description given by Prophet & that "Their water is healing to the eye", Ibn Sina mentioned that Muslims, in response to this Hadees used to boil its water, cool it & then use it as eye drops. Dr. Al-Mu'taz al-Marzugi, an Egyptian Ophthalmologist, tried to study this Hadees in the light of modern science & reached very important results.

He found that the water of truffles prevents the occurrence of fibrosis in cases of eye trachoma. Truffles stop the formation of the fibrous tissues in the infected area. Experiments have proven that the application of the water of truffles in the treatment of trachoma has led to an enormous drop in the formation of lymphatic cells resulting from inflammation, which may lead to opacity of the cornea. Trachoma is a chronic contagious inflammation from which most inhabitants of the Arab world. the Mediterranean region & others all over the world suffer. The complications resulting from this disease may lead to total blindness.

Trachoma with its various complications is found to be completely responsible for more than 25% of the cases of blindness in areas where the disease is widespread. Very often, trachoma is also accompanied by spring ophthalmia, which increases fibrosis in the infected area. Experiments carried by Dr. Al-Mu'taz Al-Marzugi have proven that the water of truffles remarkably reduces the occurrence of fibrosis in the eve cornea, through stopping the growth of the cells which form the fibers, equalizing the chemical effect of the trachoma poisons & inhibiting the unnatural growth of the cells of the conjunctiva, because most of the

complications of trachoma occur because of fibrosis of the cornea that are cured by the water of truffles (By Dr. Zaghloul El-Naggar).

#### For eve disease: -

It is a natural anti biotic, anti fungal, anti bacterial, anti viral with no side effects (dryness of eyes) as caused by modern antibiotic eye drops. It is effective in all eve elements.

#### Hijamah for eves: -



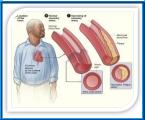
An Egyptian Physician Dr Sahbaa has written that cupping exerts marked improvement on the clinical condition of patients especially visual analogue, scale of pain, it significantly reduces the laboratory markers of disease activity

and it modulates the immune cellular conditions particularly of innate immune response NK (natural killers) cell % & adaptive cellular immune response SIL-2R.

# **Lesson no. 7 Heart, Qalb, cardiac problems, strengthening heart:**







#### **INTRODUCTION**

There are many heart diseases & disorders ranging from minor to major, caused by bacteria or viral infection, or dysfunctioning of heart or disease in its arteries & etc.

# Nabi &'s guidance about Heart:

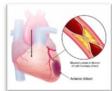
#### Oalb (heart) a piece of muscle, if it is good whole body remains good: -

1. Narrated by An-Nu'man Bin Bashir 🐇 that he heard from Nabi 🙈 say, Beware! There is a piece of flesh in the body if it becomes good (reformed) the whole body becomes good but if it gets spoilt the whole body gets spoilt & that is the heart (الْقَلُبُ).

[Bukhari: 52; Book. 2; English vol. 1; Book. 2; Hadees. 50]

(This is a part of a long Hadees).

# By sins black spots occurs on heart: -



2. Abu Hurairah 🐞 narrated that Nabi 🐉 said: "Verily, when the slave (of Allah) commits a sin, a black spot appears on his heart (قُلُب). When he refrains from it, seeks forgiveness & repents, his heart is polished clean. But if he returns, it increases

until it covers his entire heart. & that is the 'Ran' (ຝູ່ຢູ) which Allah mentioned: Nay, but on their hearts is the Ran which they used to earn.

[Tirmizi: 3654; Book. 47, English vol. 5; Book. 44, Hadees. 3334]

#### A Dua for healthy heart: -

3. Abdullah Bin Abi Awfa 💩 narrated that Nabi 🐉 use to pray: -

<u>Translation:</u> "O Allah, cool my heart with snow & hail & cold water. O Allah, cleanse my heart of sins as You cleanse a white garment of filth.

[Tirmizi: 3547; Book. 48, English vol. 6; Book. 45, Hadees. 3547]

#### Benefits of Safarjal (Quince) on Qalb, breathe, Chest & Heart: -



4. Hazrat Talha هه says that he went to Nabi هه & Nabi هه had Safarjal (السفرجل) in His Hand & said Take it, oh! Talha for it soothes the heart.

[Ibn Majah: 3494: Book. 29; English vol. 4; Book. 29, Hadees. 3369]



5. Hazrat Jabir Bin Abdullah المفرجل (Quince) because said: "Eat Safarjal (السفرجل) (Quince) because it heals cardiac problems & removes heaviness from chest.

[Kanz al-Ummal: 28258]

6. Hazrat Anas Bin Malik السفرجل says that Nabi said: "By eating Safarjal (السفرجل) (Quince), heaviness in Qalb (heart) reduces.

[Kanz al-Ummal: 28261]

7. Hazrat Auif Bin Malik says that Nabi said: "Eat Safarjal (Quince) because it prevents Cardiac Problems & strengthens the heart.

[Kanz al-Ummal: 28260]

# Ajwah dates for cardiac problems: -



8. Hazrat Sa'ad Bin Abi Waqqas 🐗 says that he fell ill, he had chest pain, Rasoolullah & visited him & kept His respected Palm on Hazrat Sa'ad 🧆 chest. Hazrat Sa'ad 🧆 felt the soothing effect in his whole chest & Rasoolullah & prayed for him, & said that Saad is suffering from cardiac problem. And

Rasoolullah & advised to take Hazrat Sa'ad & to Haris Bin Kuladah (a hakim) & said the physician should give 7 Ajwah (عِوة) (dates) of Madinah (البدينه) crushed, & with its seed grinded & put it in his mouth.

[Abu Dawud: 3875; Book. 29; English Book. 28; Hadees. 3866]

# Benefits of Atraj (Oranges or Citrons): -







9. Hazrat Abdul Rehman Bin Dilham 🐗 says that Nabi 🕮 said that for you Atraj (ועק ק) (Oranges or citron) have many benefits, it reduces heart diseases & strengthens the heart.

[Jamius Sageer; vol. 2; page. 139]

# Pumpkin strengthens the heart: -





Round Pumpkin

Long Pumpkin

10. Hazrat A'isha رحی الله said to father of Hazrat Hashsham Bin Arwah that Nabi ه said to her that whenever you cook dry meat, add Dubba (النُّبَاء) (round pumpkin) in it, because it strengthens the heart which is effected with inferior complex.

[Ibn Qayyim; vol. 1; page. 308]

# Barley broth removes grief from the heart of the patient: -



11. Hazrat A'isha رضى الله عبا says that, when ever anybody use to fell ill, in Rasoolullah هُا s's family, Rasoolullah هُا use to advice to eat Barley broth (Harisa or Daliya) & use to say it removes the sorrow / grief from

the heart of the patient & removes weakness, as anyone washes the face with water & water clears the dirt present on face.

[Tirmizi: 2173; Book. 28; English vol. 4; Book. 2, Hadees. 2039]

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

# Quranic verse for heart diseases: -

<u>Translation:</u> "Those who have believed & whose hearts are assured by the remembrance of Allah. Unquestionably, by the remembrance of Allah hearts are assured."

Recite the above Chapter 13 (Surah) Ar-Raad verse no. 28 for 21 times every day after every prayer (Salah).

[Hisnul Hasin (English by Muhammed Rafiq)]

Recite the above Chapter 13 (Surah) Raad verse no. 28 for 3 times & blow on chest (heart region).

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 13]

# To make Heart & Face full of Noor: -

اللَّهُ نُورُ السَّمَاوَاتِ وَالْأَرْضِ ﴿ مَثَلُ نُورِهِ كَمِشْكَاةٍ فِيهَا مِصْبَاحٌ ﴾ اللَّهُ نُورُ السَّمَاوَاتِ وَالزُّجَاجَةُ كَاللَّهَا كَوْكَبُ دُرِّيٌّ يُوقَلُ مِنْ شَجَرَةٍ مُبَارَكَةٍ

# زَيْتُونَةٍ لَا شَرُقِيَّةٍ وَلَا غَرْبِيَّةٍ يَكَادُ زَيْتُهَا يُضِيءُ وَلَوْ لَمْ تَمْسَسُهُ نَارٌ ۚ نُورٌ عَلَىٰ نُورٍ تَهُونِ اللَّهُ الْأَمْثَالَ لِلنَّاسِ تَعَلَىٰ نُورٍ تَ يَهُوى اللَّهُ الْأَمْثَالَ لِلنَّاسِ تَعَلَىٰ نُورٍ تَ يَهُوى اللَّهُ لِنُورِةِ مَنْ يَشَاءُ ۚ وَيَضْرِبُ اللَّهُ الْأَمْثَالَ لِلنَّاسِ تَعَلَىٰ فُورٍ عَلِيمٌ

Recite the above Chapter 24 (Surah) Noor verse no. 35 once everyday & blow air on palms & rub the palm on chest & face.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 55]

# For devilish thoughts: -

Recite the above Chapter 23 (Surah) Mu'minoon verse no 97-98, & blow on palm & rub gently on heart & head & etc.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 26]

#### Science & Hadees regarding Heart problems: -

In Hadees, Quince is said to eaten on empty stomach, it is good for the soul, تجمر الفؤاد means that Quince pleases / strengthens the heart, & opens the coagulation (if clots are there). والطخاء للقلب is meant for darkness, like clouds or a sand storm cover the clear sky which is then un-seen, so Quince will do the same job for the heart, it will remove the blockage & the heart will be clear & healthy Inshaallah.

Dates are also rich in natural fibers & natural vitamins & other necessary elements, thus prevent cholesterol & triglycerides from increasing & prevent cardiac diseases.

Oranges & citrus fruits have vitamin C, which is famous for its powerful antioxidant properties (meaning that it disarms powerful oxygen molecules in the body that contribute to cancer & heart disease).

# Barely as an Anti-hypertensive (high blood pressure): -

Barley contains more fermentable carbohydrate than other cereals such as rice. Fermentation of undigested carbohydrate produces short chain fatty acids, some which may reduce hepatic glucose production & affect postprandial glycemia (glucose after meals). Because of viscous

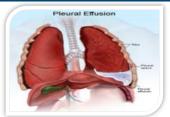
properties of beta-glucans, boiled flours appear to produce higher glucose & insulin responses when compared with milled kernels. According to a controlled study in 18 lean, healthy men ingesting barley beta-glucan given with high carbohydrate food & high carbohydrate drinks, beta-glucan significantly decreased glycemic & insulinemic responses on the food (p<0.05) but not on the drink (p>0.05) treatments, compared to controls.

In another study comparing crackers & cookies made of whole wheat or barley, the barley crackers & cookies had glycemic indices of 49 & 34, respectively, whereas whole wheat crackers & cookies had 78 & 81, respectively.

**Pumpkins have Magnesium which is good for heart: -** It helps in ATP (adenosine triphosphate) formation (the energy molecules of our body) &it increases pumping action of our heart, proper bone & tooth formation, relaxes the blood vessels & brings proper bowel function. Magnesium has been shown to benefit your blood pressure & helps to prevent sudden cardiac arrest, heart attack & stroke. Pumpkin seeds are an excellent source of dietary fiber & mono-unsaturated fatty acids, which are good for heart health.

# Lesson no. 8 Pleurisy & other chest problems: -





#### **INTRODUCTION**

Pleurisy is an inflammatory condition of the pleura (covering layers of the lungs), which impairs their lubricating function & causes pain when breathing. It is caused by pneumonia & other diseases of the chest or abdomen.

# Nabi &'s guidance about pleurisy: -

#### Benefits of Safarjal (Quince) on Qalb, breathe, Chest & Heart: -



1. Hazrat Talha لله says that he went to Nabi ه & Nabi ه had Safarjal (السفرجل) in His Hand & said, take it, Oh! Talha for it soothes the heart.

[Ibn Majah: 3494: Book. 29; English vol. 4; Book. 29, Hadees. 3369]

2. Hazrat Jabir Bin Abdullah ه says that Nabi ه said: "Eat Safarjal (السفرجل) (Quince) because it heals cardiac problems & removes heaviness from chest.

[Kanz al-Ummal: 28258]

# Treatment of Zaatul Janb (pleurisy): -



3. Narrated by Umme Qais Bint Minsaan رخىالله عنها that she took her son to Nabi هه who was suffering from throat infection & she had press his throat part, Nabi ه saw the child & said: "Why do you press your children & you should use

Aloes wood (الْعُودِ الْهِنْوِيِّ) (Al-Ud Al-Hindi), there are 7 cures in it, it should be inhaled for throat infection (Azrah) & taken by mouth for pleurisy (Zaatul-Janb).

[Ibn Majah: 3590; Book. 31; English vol. 4; Book. 31, Hadees. 3462]

#### To take medicine at one side of mouth: -

4. Hazrat Zaid Bin Arqam ه says that Rasoolullah ه advised, as a treatment for pleurisy (خات الجنب) (zaatul-janb), Memecylon (ورس) (Warss), Costus (فسط) (Qust), & Olive oil (زيت) (Zait) & take at one side of mouth (مُلِنُّ).

[Ibn Majah: 3596; Book. 31; English vol. 4; Book. 31, Hadees. 3467]

Means the preparation should be taken at the side of the mouth to which side the problem in the body is, means if the problem is the right side of the body than take the preparation in the right side of the mouth.



Qustul Bahri means White Costus (White Saussaurea lappa in Latin); a whole lesson is present in my Tibb-e-Nabawi . (Refer Lesson no. 24 Qust in part-1)

5. Qatadah narrated from Abu Abdullah that Zaid Bin Arqam 🐗 said that Nabi 🕮 would acclaim olive oil (الْوَرْس) & (الْوَرْس) Memecylon (Warss) for

(the treatment of) pleurisy." Qatadah said: "And it is put in the mouth on the side which he is suffering.

[Tirmizi: 2222; Book. 28, English vol. 4; Book. 2, Hadees. 2078]

(Means it is to be taken at one side of mouth).

This shows that taking medicine in to the mouth should be in one side of the mouth means if we have problem in the left side of the body than take medicine in the left side of the mouth. Please read more Hadees on this topic so that you will come to known the concept properly.



6. Hazrat Suhaib 🌞 reports that his right eve was paining & he was eating Tamar (تر) (dates), looking to this: Rasoolullah ﷺ said that, you are eating Tamar (قر (dates) in spite of eye pain, On this Hazrat Suhaib 🐗 said

that I am eating from left side & my right eye is paining.

[Baihagi : 20047]

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

#### For chest pain: -



# وَيَشْفِ صُلُورَ قَوْمِ مُؤْمِنِينَ

Recite the above Chapter 9 (Surah) Tawbah verse no. 14 for 41 times & blow in Zamzam Water & drink or make the patient drink.

[Cures from the Quran, by Muhammad Elahi page. 85]

# For palpitation: -



Recite the above Chapter 3 (Surah) Al-Imran verse no. 8 for 21 times after Fajar Salah (Namaz) & blow in water & drink for 21 days.

[Cures from the Quran, by Muhammad Elahi page. 87]

#### Science & Hadees regarding pleurisy & other chest problems:

In Hadees, Quince is said to eaten on empty stomach it is good for the soul, تجمر الفؤاد means that Quince pleases / strengthens the heart, & opens the coagulation (if clots are there). والطخاء للقلب is meant for darkness, like clouds or a sand storm cover the clear sky which is then un-seen, so Ouince will do the same job for the heart, it will remove the blockage & the heart will be clear & healthy Insha'Allah.

#### Olive medicinal uses: -

Nabi & recommended the use of olive oil in pleurisy. Keeping this in view olive oil was administered in various diseases of respiratory tract & it was observed that the regular use of olive oil was affected in common cold & corvzha & pneumonia.

#### Costus (Oust) & Olive oil (Zait) use together: -

# (Pictures are given above).

Costus (Oust) is an anti-bacterial herb with a very good effect & olive oil increases its medicinal actions & both enhances act of each other.

# A research on Costus (Oust) for pleurisy & other lungs disease: -

Anti-bacterial effect of Indian costus (Oust ul Hind) & sea-Oust & their water extracts on some pathogenic bacteria of the human respiratory system. AL-Kattan, Manal Othman Faculty of Science (Girls), Department of Microbiology, King Abdul Aziz University, Jeddah, Saudi Arabia (Accepted on 4 May, 2012).

The pathogenic bacteria of the human respiratory system are characterized by resistance (medicines do not work) to most anti-biotics. Staphylococcus aureus & Klebsiella pneumonia are some of the pathogenic bacteria of the human respiratory system which often cause pneumonia, pleurisy & meningitis. Moreover, they are the most prominent strains of bacteria in most hospitals.

Bacterial resistance to anti-biotics occurs as a result of excessive usage of anti-biotics in the treatment of diseases. For that reason, it is necessary

to seek for medical alternatives that are safer for the treatment of these bacteria. Alternative medicine, especially, has revealed many plants & herbs that are used in the treatment for some diseases including respiratory diseases.

The purpose of this study is to determine the effect of the Indian costus & sea-costus on the pathogenic bacteria; Escherichia coli, Pseudomonas aeruginosa, Staphylococcus aureus & Klebsiella pneumonia. In addition, the effect of the water extracts of the Indian costus & sea-costus on Staphylococcus aureus & Klebsiella pneumonia was also determined.

#### Result of the research: -

The results showed anti-bacterial effect of two types of dried Costus roots on all tested bacteria, especially in high concentrations. Also, the cold or hot water extract of Indian Costus was highly effective against tested bacteria at 20 to 25% concentration, while the hot extract of sea-Oust was more effective against tested bacteria than its cold extract in all the concentrations used.

Olive is blessed tree, has Barkat in it, eat its oil & apply on body, it cures leprosy, Basoor, best for pleurisy & shaitaan (evil) run away when we use it, can be used in combination of Warss (Memecylon), Qust (costus) etc, should be taken in one side of mouth or put in

# Studies on warss (Memecylon) shows: -

- Anti-bacterial: Results showed the ethyl acetate & chloroform extracts of the plant with moderate anti-bacterial activity. Maximum activity was shown by the chloroform extract against Bacillus subtilis.
- Radical Scavenging / Anti-Inflammatory / Analgesic: The ethyl acetate extract showed the highest stimulation for interleukin-10 production; it also caused significant inhibition of the writhing response. The methanol fraction exhibited radical scavenging activity.
- Anti-microbial: Study of methanol extracts showed significant activity against gram-positive, gram-negative bacteria & fungus.
- Apoptogenic / Human Gastric Carcinoma: Study evaluated the antiproliferative & apoptogenic activity of an ethyl acetate extract of leaves of Memecylon edule in various cancer cell lines. Results showed the extract inhibited the gastric cancer cell growth in a dose-dependent manner, inducing apoptosis by mitochondrial dependent pathway.

# Celonic Polyps Colonic Polyps Inflammatory Bowel Disease Crown of Colon Adenocarcinoma of Colon Adenocarcinoma of Colon Adenocarcinoma of Colon Adenocarcinoma of Colon Crown's Disease Crown's Disease Crown's Disease Crown's Disease Crown of Colon Adenocarcinoma of Colon Adenocarcinoma of Colon Adenocarcinoma of Colon Adenocarcinoma of Colon Caused by Polyp Diverticulosis of Colon Ulcarative Colitis Various Intestinal Hemorthoids External Hemorthoids External Hemorthoids

# Lesson no. 9 Gastro-intestinal diseases:

#### INTRODUCTION

Gastrointestinal diseases refer to diseases involving the gastrointestinal tract, namely the esophagus, stomach, small intestine, large intestine & rectum & the accessory organs of digestion, the liver, gallbladder & pancreas.

# Nabi &'s guidance about stomach: -

#### Do not eat nor drink in silver utensils: -

1. Narrated by Umme Salma رخىالله عنها that Nabi ﷺ said: "He who drinks in silver utensils is only filling his Abdomen with Hell Fire."

[Bukhari: 5634; Book. 74; English vol. 7; Book. 69; Hadees. 538]

# Organs washed with zamzam: -

2. It is reported on the authority of Malik Bin Sa'sa' that Nabi & said that (for Me) was brought a gold basin full of wisdom & faith & then the

(part of the body) right from the upper end of the chest to the lower part of the abdomen was opened & it was washed with the water of Zamzam & then filled with wisdom & faith.

[Muslim: 164 B; Book. 1; English Book. 1; Hadees. 315]

#### If abdomen is healthy whole body will get healthy: -

3. Hazrat Abu Hurairah 🐗 says that Nabi 🕮 said, that the abdomen is like a pond from which tributaries branch out in all direction, if the abdomen is healthy the vessels take health within them & if abdomen is diseased then the vessel take disease within them.

[Al-Durr Al-Mansoor, Daar Qutni page. 1401]

#### Dving due to abdominal disease is a martyr (Shaheed): -

4. Narrated by Abu Hurairah 🐗 that Nabi 🕮 said: "He (a Muslim) who dies of an abdominal disease is a Martyr, & he who dies of plague is a Martvr".

[Bukhari: 5733; Book. 76; English vol. 7; Book. 71; Hadees. 629]

#### In salah (namaz) there is Shifa: -

5. Narrated by Abu Hurairah 🐗 that once Nabi 🕮 set out early morning, also I did, & I prayed & sat, to this Nabi # turned & asked, do you have a stomach problem? I answered yes, to this Nabi & said: "Get up & pray (salah), for in Salah there is Shifa (cure).

[Ibn Majah: 3585; Book. 31; English vol. 4; Book. 31, Hadees. 3458]

# Benefits of Miswaak: -



6. Hazrat Abdullah Bin Abbas رضي الله عنهيا says that Rasoolullah & said that the ten benefits of Siwak (السواك) (Miswaak) are: -

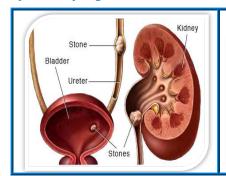
- Brings good smell in mouth
- Makes eye sight stronger
- Reliefs inflammation
- Pleases Farishtaas (Angles)
- Is Neki (Sawaab)

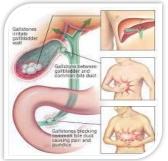
- Makes gums stronger
- Removes phlegm
- It is Sunnah
- Pleases Allah Ta'ala
- Cleans the bowel

[Kanz al-Ummal: 26185]

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

# Dua for kidney & gall stones: -





وَإِنَّ مِنَ الْحِجَارَةِ لَهَا يَتَفَجَّرُ مِنْهُ الْأَنْهَارُ ۚ وَإِنَّ مِنْهَا لَهَا يَشَّقُقُ فَيَخُرُجُ مِنْهُ الْهَاءُ ۚ وَإِنَّ مِنْهَا لَهَا يَهْبِطُ مِنْ خَشْيَةِ اللَّهِ ۚ وَمَا اللَّهُ بِغَافِل عَمَّا تَعْهَلُونَ

<u>Translation:</u> "For indeed, there are stones from which rivers burst forth & there are some of them that split open & water comes out & there are some of them that fall down for fear of Allah. & Allah is not unaware of what you do".

Drink the water after blowing the above Chapter 2 (Surah) Baqara verse no. 74 for 21 times after Fajar & Isha prayer).

#### For Liver pain: -



Recite the above Chapter 13 (Surah) Ra'ad verse no. 28 for 41 times & blow on water & drink.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 12]

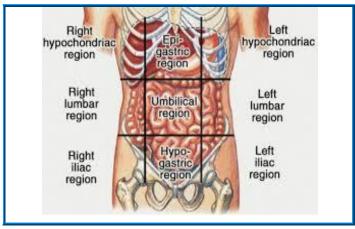
For Liver disorders & pain in Liver: -

Recite the above Chapter 55 (Surah) Rahmaan verse no. 78 verse for 21 times & blow in water & drink it.

[Cures from Quran, by Idara page 61, & cure of our worries from Holy Quran, page. 73]

# Stomach pain: -





Recite the above Chapter 16 (Surah) Nahl verse no. 78 for 21 times & blow on pinch of salt & lick the salt.

Recite the above Chapter 37 (Surah) Saffaat verse no. 47 for 5 times & blow over the patient.

[Cure of our worries from Holy Ouran, by Maulana Muhammad Shafique page, 72] For indigestion: -

Recite the above Chapter 17 (Surah) Bani Israeel verse no. 105 for 7 times & blow on a pinch of salt & lick the salt.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 65] Diarrhea.



#### Honey useful in diarrhea: -

1. Hazrat Abu Saeed Al- Khudri ه said that Nabi ه guided & insisted to a person, 4 times to use Honey (عسل) for his brother's illness, his brother was suffering from diarrhea (loose Motions), each time he came back with a complaint that motions are increasing (of his brother) & each time Rasoolullah ه advised to give Honey (عسل) to his brother & on the fourth time Rasoolullah said Allah (Ta'ala) is the truth & your brother's stomach is lair. & again Honey (عسل) was given to him & the patient got well.

[Bukhari: 5684; Book. 76; English vol. 7; Book. 71; Hadees. 588]

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

## Quranic verse for diarrhea: -

Recite the above Chapter 16 (Surah) Nahl verse no. 128 for 1000 times & blow on water than drink or make the patient to drink.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 90]

## For excessive thirst: -

Recite the above Chapter 23 (Surah) Mu'minoon verse no. 18 for 7 times & blow on water & drink.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 91]

# For Dysentery: -

Dysentery means infection of the intestines resulting in severe diarrhoea with the presence of blood & mucus in the faeces.



Write on a leaf or etc full Chapter 44 (Surah) Dukhaan & dip the leaf in water & drink that water.

#### Anorexia (Lack of hunger).

1. Hazrat A'isha رضى الله عنها says that whenever anyone complaint about anorexia (less hunger) to Nabi هم, Nabi هم use to advice to eat Talbinah (التلبينه), & use to say that by "Allah, (promise) who has my life in his right" & further said that Talbinah (التلبينه), will clear your guts (stomach, intestines & etc) from unwanted elements, like you wash your face with water & water cleans the dirt from the face.

[An-Nasa'i: 7576, according to Al Maktaba Al Shamila]

The details given below are according is according to Ulama & Islamic Scholars. <u>Lack of Appetite: -</u>

Recite the above Chapter 26 (Surah) Shau'raa verse no. 79 for 11 times & blow on food & eat it.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 92]

Loss of appetite: -

Recite the above Chapter 24 (Surah) Noor verse no. 10 for 21 times & blow on water & drink or make the patient to drink.

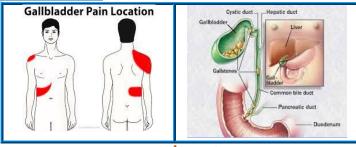
[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 66]

For excessive appetite: -

Recite the above Chapter 51 (Surah) Zariyaat verse no. 22 for 11 times & blow on water & drink before meals.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 93]

# Gall Bladder diseases: -



الرَّحْمُنُ عَلَى الْعَرْشِ اسْتَوَىٰ

Recite the above Chapter 20 (Surah) Ta-ha verse no. 5 for 11 times & blow on water & drink or make the patient to drink.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 95]

# For Jaundice: -



Recite the above Chapter 59 (Surah) Hashar verse no. 1 for 101 times & blow on water & drink or make the patient to drink.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 96]

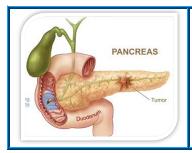
# Also for Jaundice: -

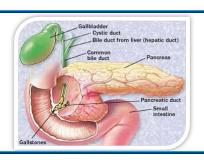
Surah Al- Baiyinah: 1 to 8	سورةالبيّنة: ١ إلى ٨
لَمْ يَكُنِ الَّذِينَ كَفَرُوا مِنْ أَهْلِ الْكِتَابِ وَالْهُشْرِكِينَ مُنفَكِّينَ حَتَّىٰ تَأْتِيَهُمُ الْبَيِّنَةُ ﴿﴾ رَسُولُ مِّنَ اللَّهِ يَتْلُو صُحْفًا مُّطَهَّرَةً ﴿ ﴿ فِيهَا كُتُبُ	
تَأْتِيكُهُمُ البَيِنَهُ ﴿ ﴿ وَسُولَ مِنَ اللَّهِ يَتَّلُو صَحْفًا مُظَّهُرُكُا ﴿ ﴿ وَمِنْ اللَّهِ يَتُكُ	

Recite the above full Chapter 98 (Surah) Baiyinah & blown on water & drink also can be written on paper & made Tahveez & worn.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 86]

# For pancreatic problems: -





وَإِنَّ مِنَ الْحِجَارَةِ لَهَا يَتَفَجَّرُ مِنْهُ الْأَنْهَارُ ۚ وَإِنَّ مِنْهَا لَهَا يَشَقَّقُ مِنْهُ الْأَنْهَارُ ۚ وَإِنَّ مِنْهَا لَهَا يَهُبِطُ مِنْ يَشَقَّقُ فَيَخُرُجُ مِنْهُ الْهَاءُ ۚ وَإِنَّ مِنْهَا لَهَا يَهُبِطُ مِنْ خَشْيَةِ اللَّهِ وَمَا اللَّهُ بِغَافِلٍ عَمَّا تَعْمَلُونَ خَشْيَةِ اللَّهِ وَمَا اللَّهُ بِغَافِلٍ عَمَّا تَعْمَلُونَ

Recite the above Chapter 2 (Surah) Bagarah verse no.74 for 41 times & blow on water & drink or make the patient to drink daily.

[Cures from the Quran a pocket Book by idara page. 24]

## For Navel dislocation (Naaf Hatna): -

(No reference found for this in Hadees).

Write the above Chapter (Surah) Bagara verse no 178 on a piece of paper & tie on navel of the patient.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 69]

## Treatment of Ascites (collection of water in abdomen): -



1. Narrated by Hazrat Anas 💩 that Nabi 🐉 advised some people from Urainah to use camel's milk (اللين) & its urine for dharibah (an abnormal fluid collection in abdomen) (ascities).

[Tirmizi: 1845; Book. 25, Hadees. 61; English vol. 3; Book. 23, Hadees. 1845] (It is a part of a long Hadees).

# Science & Hadees regarding gastro-intestinal diseases: -

1. The whole abdomen is explain as pond in the Hadees; actually whatever we eat get digested in the intestines, & whole intestine has portal vein, called as portal system, through these veins the digested material is carried to liver, where the material is metabolized. If these veins carry healthy digested material to liver than health result else disease occurs.

## Honev: -



Honey offers incredible antiseptic, antioxidant & immune boosting properties for our body & health. It not only fights infection & helps tissue healing but also helps reduce inflammation & is often used for treating digestive problems such as

Indigestion, stomach ulcers & gastroenteritis.

Researchers around the world are discovering new & exciting medical benefits of honey & other healing items produced in the hive such as propolis, royal jelly & bee pollen.

Honey is abluent & an aperient. It contains detergent & tonic properties that cleanse the arteries & bowels from impurities. It opens obstructions of the liver, kidney & bladder. It is also a general preservative & it helps to preserve the potency of other natural medicinal remedies. Honey also helps to break up excess moisture in the bowels, such as in diarrhea. Honey is superior to sugar in many respects & it is less sweet but stronger & if taken excessively it can be harmful to the bile, unless it is mixed with vinegar. Honey is good for the aged; it is a cough suppressant & is used in medicine to treat phlegm in the stomach & to soften the general constitution of the body. Honey is also a curative for a depraved appetite & when taken as a drink mixed with hot water & a pomace made from sweet roses, it helps the treatment of rabies & is a safeguard from further infections.

Hazrat Abu Hurairah 🎄 says that Rasoolullah 🐉 said that any person who licks Honey (عسل) (Asal) in morning at least for 3 (ثلاث) days every month will not suffer from any Balah (البلاء) (illness) in that month (in which honey is taken).

[Ibn Majah: 3576; Book. 31; English vol. 4; Book. 31, Hadees. 3450]

Honey is also used as detoxicant for drug users & as an antitoxin to treat accidental eating of poisonous plants of the nightshade family (Hyoscymus Niger), or wild fungus, among others. When taken as a drink mixed with hot water only, it helps as a remedy for dog bites. As a preservative, honey can be used to preserve meat for up to three months & is used in pickling cucumbers, squash, eggplant & various kinds of fruits for up to six months. Known as "the trustworthy preservative", honey was also used as a principle ingredient in embalming the dead.

The study on pollens & spores in raw honey (melissopalynology) can determine floral sources of honey. Because bees carry an electrostatic charge & can attract other particles from nature.

Modern medicine has only recently discovered the fact that honey is a remedy to many diseases. Traditional uses of honey have included honey

mixed with lemon for sore throats. Honey coats the throat & reduces throat irritation. Research shows that honey blocks growth of oral bacteria.

Honey has also been used for stomach pains & problems. Modern research shows that honey is effective when used in the treatment of gastric or peptic (stomach) ulcers. Research has also revealed that honey is effective in the treatment of various wounds & infections because of its antimicrobial (anti-bacterial, antiviral & antifungal) properties.

Researchers are not absolutely sure why honey heals but they are learning new things about honey every day. As mentioned in the beginning, honey contains a variety of sugars & minerals. Honey is also considered an antioxidant. This means it allows the blood to circulate better & provide more oxygen to areas of the body such as the brain.

Honey can also be used externally to promote healing when applied to wounds, even post-operative wounds. Honey has also been effective in its use to treat burns. It has even been shown to be low in calories & useful as a sweetener for diabetics, people with heart disease or those overweight.

## In Hadees it is mentioned that Barley cleans the digestive system, strengthens the Qalb (heart) & etc: -

Scientists have found the following items during the chemical synthesis of barley- albuminoids, starch, fat, fiber, ash & water. Chemical composition shows that it contains the fat in the form of Leucosine Gluten Albumen, the compound of Nitrogen as palmatic Acid, Salicylic Acid & Phosphoric Acid. Besides, it contains Hypoxanthens. British Pharmacopoeia recommends Malt extract for internal use. It contains 4 % of protein, the enzymes for digestion of carbohydrates & vitamins. Some scientists say that Arsenic is present in barley grain.

# Mechanism of Action Pharmacology: -

**Gastrointestinal effects:** Germinated Barley Foodstuff (GBF) is derived from the aleurone & scutellum fractions of germinated barley. GBF appears to induce proliferation of intestinal epithelial cells & facilitate defecation through bacterial production of short chain fatty acids, especially butyrate. GBF is believed to facilitate epithelial repair & suppress epithelial NFkB-DNA binding activity through butyrate (by the

micro flora bifid bacterium & eubacterium). GBF has been associated with increased growth of these micro floras in the intestinal tract & varying amounts of total tocopherols & tocotrienols (49.9-67.6mg/kg) & vitamin E content (vitamin E equivalent; 15.7-20.1mg/kg). Barley products compose of different amylose-amylopectin ratios (7-44% amylose) have been reported to lower metabolic responses.

#### Article by Dr. Ahlaam on camel's milk & urine: -

Camel's urine is efficacious in the treatment of skin diseases such as ringworm, tinea & abscesses, sores that may appear on the body & hair & dry & wet ulcers. Camel's urine brings the secondary benefits of making the hair lustrous & thick & removing dandruff from the scalp. Camel's milk is also beneficial in treating hepatitis, even if it has reached an advanced stage where medicine is unable to treat it. End quote.

In the Al-Jazeerah Al-Sa'oodiyyah newspaper (issue no. 10132, Rabee' Al-Awwal 1421 AH) there is a quotation from the book Al-Ibn Asraar wa i'jaaz (The camel: secrets & wonders) by Darmaan Ibn 'Abd Al-'Azeez Aal Darmaan & Sanad Ibn Mutlaq Al-Subay'i:

As for camel's urine, the book suggests that it has numerous uses which are beneficial for man. This is indicated by the Prophetic texts & confirmed by modern science. Scientific experiments have proven that camel's urine has a lethal effect on the germs that cause many diseases.

Among the uses of camel's urine, many women use it to wash their hair, to make it longer & to make it lighter & more lustrous. Camel's urine is also efficacious in the treatment of swelling of the liver & other diseases such as abscesses, sores that appear on the body & toothache & for washing eyes. End quote.

Prof. Dr. 'Abd Al-Fattaah Mahmoud Idrees says: With regard to the benefits of camel's urine in treating disease, Ibn Seena said in his book "Qanoon", The most beneficial of urine is the urine of the Bedouin camels known as Najeeb. Camel's urine is beneficial in treating Al-Hazaaz & it was said that Al-Hazaaz is a pain in the heart caused by anger & so on. Camel's urine, especially the urine of a young she-camel - is used as a cleansing substance to wash wounds & sores, to make the hair grow, to strengthen & thicken them & to prevent falling out & it is used to treat diseases of the scalp & dandruff. In a Master's thesis by an engineer in applied chemistry, Muhammad Awhaai Muhammad, that was submitted to the faculty of applied chemistry in the Al-Jazeerah university in Sudan & approved by the Dean of science & postgraduate studies in the university in November 1998 CE, entitled A Study of the Chemical Composition & Some Medical Uses of the Urine of Arabian Camels, Muhammad Awhaaj says:

Laboratory tests indicate that camel's urine contains high levels of potassium, albuminous proteins & small amounts of uric acid, sodium & creatine.

In this study, he explained that what prompted him to study the medicinal properties of camel's urine was what he had seen of some tribesmen drinking this urine whenever they suffered digestion problems. He sought the help of some doctors in studying camel's urine. They brought a number of patients & prescribed this urine for them, for a period of two months. Their bodies recovered from what they had been suffering from, which proves the efficacy of camel's urine in treating some diseases of the digestive system.

Camel's urine acts as a slow-acting diuretic, but it does not deplete potassium & other salts as other diuretics do, because camel's urine contains a high level of potassium & proteins. It has also been proven to be effective against some types of bacteria & viruses. It gave improvement in the condition of twenty-five patients who used camel's urine for dropsy, without disrupting their potassium levels. Two of them were cured of liver pain & their liver function was restored to normal levels, as well as the tissue of the liver being improved. One of the medicines used to treat blood clots is a compound called Fibrinoltics which works by changing a substance in the body from its inactive form, Plasminogen, to its active form, Plasmin, in order to dissolve the substance that causes clotting, Fibrin. One of the components of this compound is called Urokinase, which is produced by the kidneys or from the urine, as indicated by the name "uro".

The dean of the Faculty of Medical Science in the Sudanese Al-Jazeerah university, Professor Ahmad 'Abd-Allaah Ahmadaani, has discovered a practical way of using camel's urine to treat dropsy & swelling in the liver. Its success has been proven in treating those who are affected by these diseases. He said in a seminar organized by Al-Jazeerah University:

The experiment began by giving each patient a daily dose of camel's urine mixed with camel's milk to make it palatable. Fifteen days after the beginning of the experiment, the patients' stomachs grew smaller & went back to their normal size.

He said that he examined the patients' livers with ultrasound before the study began & he found out that the livers of fifteen out of the twentyfive were in a cirrhotic state & some of them had developed cirrhosis of the liver as the result of bilharzia (a chronic disease, endemic in parts of Africa & South America, caused by infestation with blood flukes (schistosomes). All of the patients responded to treatment with camel's urine & some of them continued, by their own choice, to drink a dose of camel's urine every day for a further two months. At the end of that time, they were all found to be cured of cirrhosis of the liver. He said: Camel's urine contains a large amount of potassium, as well as albumen & magnesium, because the camel only drinks four times during the summer & once during the winter, which makes it retain water in its body so as to preserve the sodium & the sodium causes it not to urinate a great deal, because it keeps the water in the body.

He explained that dropsy (swelling of soft tissue with fluid collection) results from a deficiency of albumen or potassium & the urine of camels in rich in both of these.

He suggested that the best types of camels for using the urine as a remedy are young camels.

Dr. Ahlaam Al-'Awadi, a specialist in microbiology in the Kingdom of Saudi Arabia, supervised some scientific papers that dealt with her discoveries in the usage of camel's urine for medical treatment, such as the papers by 'Awaatif Al-Jadeedi & Manaal Al-Qattaan. During her supervision of the paper by Manaal Al-Qattaan, she succeeded in confirming the effectiveness of using a preparation made from camel's urine which was the first antibiotic produced in this manner anywhere in the world. Concerning the features of this new product, Dr. Ahlaam said: It is not costly & it is easy to manufacture. It can be used to treat skin diseases such as eczema, allerajes, sores, burns, acne, nail infections,

cancer, hepatitis & dropsy (swelling of soft tissue with fluid collection) with no harmful side effects.

**And she said:** Camel's urine contains a number of healing factors & kills bacteria that are present in it, salts & urea. The camel possesses an immune system that is highly equipped to combat funguses, bacteria & viruses, because it contains anti-bodies. It may also be used to treat blood clots & fibrinolytics may be derived from it & it may be used to treat dropsy (swelling of soft tissue with fluid collection) (which is caused by a deficiency in albumen & potassium, as camel's urine is rich in both). Camel's urine may also provide a remedy for abdominal complaints, especially those of the stomach & intestines, as well as asthma & shortness of breath. It brought a noticeable reduction in patients' sugar levels. It is a remedy for low libido & it aids in bone growth in children & in strengthening the heart muscles. It may be used as a cleansing agent for cleaning wounds & sores, especially the urine of young she-camels. It also helps the hair to grow & become strong & thick & it helps to prevent hair loss & baldness & can be used to treat dandruff. Camel's urine may also be used to combat disease by using bacteria extracted from it. It was used to treat a girl who was suffering from an infection behind the ear that was accompanied by pus weeping from it & painful cracks & sores. It was also used to treat a girl who was unable to extend the fingers of her hands because of the presence of so many cracks & sores & whose face was almost black with pimples. Dr. Ahlaam said: Camel's urine may also be used to treat the digestive system & to treat some cases of cancer. She stated that the research that she had undertaken on camel's urine proved that it was effective in destroying micro-organisms such as fungus, yeast & bacteria.

Dr. Rahmah Al-Ulyaani, who is also from Saudi Arabia, carried out tests on rabbits infected with bacteria in the colon. She treated each group of rabbits with a different kind of medicine, including camel's urine. There was a noticeable regression in the rabbits that were treated with other medicines, except for camel's urine, which brought about a clear improvement.

Majallat Al-Jundi Al-Muslim, issue no. 118, 20 Dhu'l-Qa'dah 1425 AH; 1 January 2005 CE.

Allaah calls upon us to ponder the creation of the camel, as He says, (meaning): "Do they not look at the camels, how they are created?"

[Al-Ghaashiyah 88:17]

This pondering is not limited to the outward form of the camel, or even to the inner workings of its body, rather it also includes that which we have discussed here, which is the benefits of the urine & milk of the camel. Modern scientific research is still discovering for us many of the wonders of this creature.

# Lesson 10: Wet dreams, Pregnancy, Menstrual & other related problems:





## **INTRODUCTION**

Wet dream is an erotic dream causes by involuntary ejaculation of semen in sleeps. A nocturnal emission or wet dream is a spontaneous orgasm during sleep that includes ejaculation for a male or vaginal wetness or an orgasm (or both) for a female. Nocturnal emissions are most common during adolescence & early young adult years, but they may happen any time after puberty. It is possible for men to wake up during a wet dream or simply to sleep through it, but for women, some researchers have added the requirement that she should also awaken during the orgasm & perceive that the orgasm happened before it counts as a wet dream. Vaginal lubrication alone does not mean that the female had an orgasm.

Pregnancy is the state of carrying a developing embryo or fetus within the female body. This condition can be indicated by positive results on an over-the-counter urine test & confirmed through a blood test, ultrasound, detection of fetal heartbeat, or an X-ray. Pregnancy lasts for about nine months, measured from the date of the woman's last menstrual period (LMP). It is conventionally divided into three trimesters, each roughly three months long.

Menstrual cycle is the monthly flow of blood & cellular debris from uterus through virgina in women; it begins at puberty & last till menopause in women.

# Nabi &'s guidance about wet dream, pregnancy: -

#### About Wet dreams: -

1. Narrated by A'isha رضى لله عنها that Nabi ﷺ said: "If anyone wakes up & sees some wetness, but he does not think that he had an erotic dream, let him have a bath. But if he thinks that he had an erotic dream but he does not see any wetness, then he does not have to take a bath."

[Ibn Ma-jah: 655; Book. 1; English vol. 1; Book. 1, Hadees. 612]

2. Abu Saeed Al-Khudri sanarrated that Nabi said: Three things do not breakfast of the fasting person: Cupping, vomiting & wet dream.

[Tirmizi: 719; Book. 8, English vol.2; Book. 3, Hadees. 719]

3. Narrated by Umme Salma رخى الله عنها that a woman said: O! Rasoolullah هه, Allah is not shy to tell the truth. Do women have to perform Ghusl if she has a wet dream?" He هه said: "Yes, if she sees water." (Umme Salma laughed) & said: "Do women really have wet dreams?" Nabi هه said: "How else would her child resemble her?" (That is, if she has an emission of the fluid of an orgasm).

[Nasa'i: 198; Book. 1; English vol. 1; Book. 1, Hadees. 197]

4. Narrated by Khawlah Bin Hakim & that "I asked Nabi & about a woman who has a wet dream & He & said: 'If she sees water, let her perform Ghusl."

[Nasa'i: 199; Book. 1; English vol. 1; Book. 1, Hadees. 198]

# Pregnancy: -

## Safarjal (Quince) in Pregnancy: -



1. Narrated by Abdullah Ibn Masood ﷺ that Nabi said: "Give your pregnant to eat Safarjal (السفرجل) (Quince) because it prevents Cardiac Problems ( يجم ) & makes the baby son beautiful (الفؤاد).

[Al-Aasaar: 70, & Jamia ul Ahadees: 15779]

#### Why does a child resemble its father & why does it resemble its mother: -

2. Narrated by Anas 🐟 that Abdullah Bin Salam heard the arrival of Nabi 🕮 at Madinah, he came to Nabi 🕮 & said: I am going to ask you about

three things which nobody knows except a Prophet: What is the first portent of the Hour? What will be the first meal taken (eaten) by the people of Paradise? Why does a child resemble its father & why does it resemble its maternal uncle? Nabi & replied: "Jibrail has just now told me of their answers. The first portent of the Hour will be a fire that will bring together the people from the east to the west; the first meal of the people of Paradise will be Extra-lobe (caudate lobe) of fish-liver. As for the resemblance of the child to its parents: If a man has sexual intercourse with his wife & gets discharge first, the child will resemble the father & if the woman gets discharge first, the child will resemble her.

> [Bukhari: 3329; Book. 60; English vol. 4; Book. 55; Hadees. 546] (It is a part of a long Hadees).

## Science & Hadees regarding Quince: -



In Hadees, Quince is said to eaten on empty stomach it is good for the soul, تجم الفؤاد means that Quince pleases / strengthens the heart, & opens the coagulation (if clots are there). والطخاء للقلب is meant for darkness, like clouds or a sand storm cover the clear sky which is then

un-seen so Quince will do the same job for the heart, it will remove the blockage & the heart will be clear & healthy Insha'Allah.

Quince is astringent to the stomach & it checks excessive menstrual flow. A few seeds placed in water will, after a few minutes, will turn mucilage (thick sticky) which is an excellent remedy for cough & sore throat, especially in the young. Quince is also excellent for pregnant woman, gladdening their heart. The holy Prophet & said: "Eat Quince, for it sweetens the heart.

The best way to eat the quince is boiled or cooked in honey. The seeds of Ouince (Safarial) help against dryness in the throat, the windpipe & several other ailments. Its oil stops sweating & strengthens the stomach. Quince (Safarjal) jam strengthens the stomach & the liver & relieves the heart & the soul.

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

Quranic verse for progeny (children) & Male child: -وَيُمْنِيدُكُمْ بِأَمُوَالِ وَبَنِينَ وَيَجْعَلُ لَكُمْ جَنَّاتٍ وَيَجْعَلُ لَكُمْ أَنْهَارًا

**Translation:** "And give you increase in wealth & children & provide for you gardens & provide for you rivers."

Recite the above Chapter 71 (Surah) An-Nuh verse no. 12 (Both husband & wife should recite it 41 times every day).

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 19]

## Quranic verse to conceiving (to get pregnant): -

<u>Translation:</u> "And to Allah belongs the dominion of the heavens & the earth & whatever is between them. He creates what He wills & Allah is over all things competent."

Recite above Chapter 5 (Surah) Al-Maida verse no. 17 (Both husband & wife should repeat it 21 times after every prayer).

Or couple should recite the above verse 300 times daily for 41 days, blow on sweet thing & both must eat equal portion of the sweet.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 17]

## To prevent abortion or miscarriage: -

<u>Translation:</u> Allah doth know what every female (womb) doth bear, by how much the wombs fall short (of their time or number) or do exceed. Every single thing is before His sight, in (due) proportion.

If the woman has a history of miscarriages or abortions then she must recite above Chapter 13 (Surah) Raad verse no. 8, daily once or more time, from pregnancy till delivery every day & blow on water & drink.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 18]

## To have a male child: -

# وَيُمْدِدُكُمْ بِأَمْوَالِ وَبَنِينَ وَيَجْعَلْ لَكُمْ جَنَّاتٍ وَيَجْعَلْ لَكُمْ أَنْهَارًا

If only daughters are born to a couple & they want a son then both should recites the above Chapter 81 (Surah) Nuh verse no. 12 for 111 times for 9 months from pregnancy to till delivery.

[Cure of our worries from Holy Quran, by Muhammad Shafique page. 19]

To prevent infant mortacy & if a woman loses her new born child: -

If a couple's children die in infancy, then female should recite chapter 37 Surah Saffaat verse: 76 for 11 times every morning & evening.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 21]

## To have a female child: -

The woman should recite the above Chapter 13 (Surah) Ra'ad verse no. 8 for 21 times every day for five months from pregnancy & should blow on her Inshaallah a girl will be born.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 22]

## To increase breast milk: -

Lactating woman should recite the above Chapter 28 Surah Qasas verse no. 7 for 21 times for 21 days blow on water & drink.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 108]

Menstrual rules & problems: -

Rutab dates for Menstrual Problems: -



1. Hazrat Abu Hurairah 🐗 says that Nabi 🕮 said that in my knowledge Rutab (الرطب) (fresh ripen dates) are best remedy for excessive menstrual flow & Honey (العسل) is best for patients (العسل).

[Abu Nu-aim 459]

#### Waiting period after delivery: -



2. Hazrat Umme Salma رضىالله عنها says that at the time of Nabi & women in postnatal bleeding (after child birth) use to wait for forty days & we used to put Warss (Memecylon) on our faces because of freckles, (except for one who became pure before that).

[Ibn Majah: 692 & 693; Book. 1; English vol. 1; Book. 1, Hadees. 648 & 6491.

#### About menstrual blood on cloth: -



3. Narrated by Asma Bint Abi Bakr رضىالله عنها that Nabi was asked about menstrual blood that gets on clothing. He & said: 'Rub it off, wash it & perform prayer in (the garment).

[Ibn Majah: 672; Book. 1; English vol. 1; Book. 1, Hadees. 629]

## About Istihadah (non menstrual bleeding): -

4. Narrated by A'isha رضى الله عنها that Fatimah Bint Abi Hubaish رضى الله عنها suffered from Istihadah (non-menstrual vaginal bleeding). Nabi & said to her: Menstrual blood is blood that is black & recognizable, so if it is like that, then stop praying & if it is otherwise, then perform Wazoo & pray."

[Nasa'i: 218; Book. 1; English vol. 1; Book. 1, Hadees. 217]

رضي الله عنها Umme Habibah Bint Jahsh :رضي الله عنها Umme Habibah Bint Jahsh . suffered Istihadah (non-menstrual vaginal bleeding) for seven years. She complained to Nabi & & He & said: That is not menstruation; rather that is (bleeding from) a vein, so perform Ghusl then pray.

[Nasa'i: 204; Book. 1; English vol. 1; Book. 1, Hadees. 203]

One Can Perform Wazoo For Every Salah.

#### About vaginal bleeding: -

6. Narrated by A'isha رض لله عبيا that Umme Habibah Bint Jahsh رض لله عبيا who was married to Abdur Rahman Bin Awf الله suffered from Istihadah (non-menstrual vaginal bleeding) & did not become pure. Her situation was mentioned to Nabi الله & He الله said: 'That is not menstruation, rather it is a kick in the womb, so let her work out the length of the menses that she used to have & stop praying (for that period of time), then after that (period) let her perform Ghusl for every prayer. A kick in the womb: in other narrations means: "A kick from devil (Shaitaan)," meaning that the devil (Shaitaan) uses it to confuse her about her religious commitment.

[Nasa'i: 211; Book. 1; English vol. 1; Book. 1, Hadees. 210]

#### About prolong menstrual bleeding: -

7. Muhammad Bin Usman asked Al-Qasim Bin Muhammad about the woman who has a prolonged flow of blood. He replied: She should abandon prayer (salah) during her menstrual period, then wash & pray; & she should wash during her menstrual period.

[Abu Dawud: 303; Book. 1; English Book. 1; Hadees. 303]

8. Narrated by Ali . The woman who has a prolonged flow of blood should wash herself every day when her menstrual period is over & take a woolen cloth greased with fat or oil (to tie over private parts).

[Abu Dawud: 302; Book. 1; English Book. 1; Hadees. 302]

# <u> About irregular non-menstrual bleeding: -</u>

9. Narrated by Adiyy Bin Sabit from his father, from his grandfather , that Nabi said: The woman who experiences irregular nonmenstrual bleeding should leave prayer (salah) during the days of her period, then she should take a bath & perform ablution (wazoo) for each prayer & she should fast & perform the prayer.

[Ibn Majah: 668; Book. 1; English vol. 1; Book. 1, Hadees. 625]

# Use of musk after menstrual bath: -



10. Narrated by Hazrat A'isha رضى الله عنها that an Ansari woman asked Nabi & how to take a bath after finishing from the menses. He ## replied: Take a piece of cloth perfumed with musk & clean the private parts with it thrice. Nabi & felt shy & turned His Face. So I pulled her to me & told her what Nabi 🙈 meant.

[Bukhari: 315; Book. 6; English vol. 1; Book. 6; Hadees. 312]

#### Wait till white discharge as the end of menstrual cycle: -

11. Mother of Algama Ibn Abi Algama said: Women used to send little (containing) a piece of cotton cloth in each رضي الله عنها boxes to A'isha رضي الله عنها one, in which was (use to be) yellowness from menstrual blood, asking her about the prayer. She (use to) told them: Do not be hasty until you see a white discharge. By that she meant purity from menses.

[Muwatta Malik: 129; Book. 2, English Book. 2, Hadees. 99]

## Menstrual cycle as a waiting period for separation of couple: -

12. Ibn Umar رضى الله عنيا said: Waiting period of a woman who separates herself from her husband for compensation is a menstrual period.

[Abu Dawud: 2230; Book. 13; English Book. 12; Hadees. 2222]

# Intercourse prohibited during mens with wife, if anyone does it so: -

13. Ibn Abbas رضى الله عنبيا said: If one did intercourse in the beginning of the menses, (one should give to a needy) one dinar; in case one has intercourse towards the end of the menses & than half a dinar (should be given to a needy).

[Abu Dawud: 265; Book. 1; English Book. 1; Hadees. 265]

(It is prohibited during menses).

# About menstruating wives: -

14. Maimunah خي الله عنايل said that Nabi ﷺ would contact & embrace any of his wives while she was menstruating. She would wear the wrapper up to half the thighs or cover her knees with it.

[Abu Dawud: 267; Book. 1; English Book. 1; Hadees. 267]

said that Nabi 🥮 would fondle one رضي الله عنها 15. Narrated by Maimoonah of his wives while she was menstruating, if she wore an Izar (waist wrap) that reached halfway down to the middle of her thighs or to her knees." In the narration of Al-Laith: "Being covered with it".

[Nasa'i: 289; Book. 1; English vol. 1; Book. 1, Hadees 288]

# Science & Hadees regarding intercourse: -

## <u>Intercourse prohibit during mens: -</u>

Dr. Muhiy Al-Deen Al-'Alabi says that: "It is essential to refrain (prohibit) from having intercourse with a menstruating wife because doing this leads to an increase in the flow of menstrual blood, because the veins of the uterus are congested & prone to rupture & get damaged easily; & the wall of the vagina is also susceptible to injury, so the chances of inflammation are increased, which leads to inflammation in the uterus & in the man's penis, because of the irritation that occurs during intercourse. Having intercourse with a menstruating wife may also be off-putting to both the man & his wife, because of the smell of blood, which may make the man impotent.

Dr. Muhammad Al-Baar said, speaking of the harm that may cause to the menstruating wife if intercourse is done while menses: The lining of the uterus is shed off during menstruation & the uterus is scarred as a result, just like when the skin is flayed. So it is vulnerable to bacteria & the introduction of the bacteria that are to be found at the tip of the penis poses a great danger to the uterus. Hence the penetration of the penis into the vagina at the time of menstruation is no more than the introduction of germs at a time when the body is unable to fight them.

Dr. Al-Baar thinks that the harm is not limited to what he describes of the introduction of germs into the uterus & vagina which is difficult to treat: rather it also extends to other things, like: -

1. The spread of infection to the fallopian tubes, which may then become blocked, which in turn may lead to infertility or ectopic pregnancy, which is the most dangerous kind of pregnancy.

2. The spread of infection to the urethra, bladder & kidneys; diseases of the urinary tract are usually serious & chronic. 3. Increase of germs in the menstrual blood, especially gonorrhea germs.

The menstruating wife is also in a physical & psychological state that is not conducive to intercourse, so if it takes place it will harm her a great deal & cause her pains during her period, as Dr. Al-Baar said:

- 1. Menstruation is accompanied by pains, the severity of which varies from women to women. Most women experience pains in the back & lower abdomen. For some women the pain is unbearable & has to be treated with medication & painkillers.
- 2. Many women suffer depression & stress during their periods, especially at the beginning & their mental & intellectual state are at the lowest level during menstruation.
- 3. Some women suffer migraines just before their period starts & the pain is severe & causes visual disturbances & vomiting.
- 4. Women sexual desire decreases & many women have no interest at all in sex during their periods. The entire reproductive system is in a state that is prone to sickness, so intercourse at this time is not natural & serves no purpose, rather it can cause a great deal of harm.
- 5. A woman's temperature drops during menstruation, as does her pulse & blood pressure, which makes her feel dizzy, exhausted & lethargic.

Dr. Al-Baar also mentions that the harm is not only caused to the woman by having intercourse with her, rather men are also affected by this action, which may cause infection in his reproductive system which may lead to sterility as a result. The severe pains which are suffered as a result of this infection may be even worse than sterility it causes.

Please refer lesson no. 70 in Part-1 Rules about intercourse & wet dreams.

Science & Hadees regarding Warss (Memecylon tinctorium):

(Please lesson no. 32 Memecylon (Warss) in part-1)

Studies shows: -

- Anti-bacterial: Results showed the ethyl acetate & chloroform extracts of the plant with moderate anti-bacterial activity. Maximum activity was shown by the chloroform extract against Bacillus subtilis.
- <u>Radical Scavenging / Anti-Inflammatory / Analgesic:</u> The ethyl acetate extract showed the highest stimulation for interleukin-10 production; it also caused significant inhibition of the writhing response. The methanol fraction exhibited radical scavenging activity.
- Anti-microbial: Study of methanol extracts showed significant activity against gram-positive, gram-negative bacteria & fungus.
- Apoptogenic / Human Gastric Carcinoma: Study evaluated the antiproliferative & apoptogenic activity of an ethyl acetate extract of leaves of Memecylon edule in various cancer cell lines. Results showed the extract inhibited the gastric cancer cell growth in a dose-dependent manner, inducing apoptosis by mitochondrial dependent pathway.

## Dates: -

Dates are rich in fibers, it contains oil, calcium, sulphur, iron, potassium, phosphorous, manganese, copper & magnesium. In other words, one date is the equivalent of a balanced & healthy diet. So in excessive menstrual it prevents anaemia & replaces the body losses.

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

For irregular menstruation (menses): -

The lady should recite the above Chapter 21 (Surah) Ambiya verse no. 87 for 341 times & blow on Zamzam water & drink daily.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 109]

For excessive menstruation: -

The lady should recite the above full Chapter 108 (Surah) Kausar for 303 times & blow on rain water & drink daily.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 110]

For autoerotism (to remove habit of masturbation): -

# لَهُمُ الْبُشْرَىٰ فِي الْحَيَاةِ اللَّنْنَيَا وَفِي الْآخِرَةِ ۚ لَا تَبْدِيلَ لِكَلِمَاتِ اللَّهُ ذَٰلِكَ هُوَ الْفَوْزُ الْعَظِيمُ

Recite the above Chapter 10 (Surah) Yunus verse no. 64 daily before going to bed.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 112]

#### For excessive wet dreams (Ehtilaam): -

Surah Al-Ma'arij: 1 to 44	سورةالبعارج: ١ إلى ٤ ٤	
سَأَلَ سَائِلٌ بِعَنَابٍ وَاقِعٍ ﴿ لِلْكَافِرِينَ لَيْسَ لَهُ دَافِعٌ ﴿ مِنَ اللَّهِ ذِي		
الْمَعَارِجِ ﴿ تَعُرُخُ الْمَلَائِكَةُ وَالرُّوحُ إِلَيْهِ فِي يَوْمِ كَانَ مِقْدَارُهُ خَمْسِينَ أَلْفَ		
سَنَةٍ ﴿ ﴾ فَاصْدِرْ صَبْرًا بَحِيلًا ﴿ ﴾ إِنَّهُمْ يَرَوْنَهُ بَعِيلًا ﴿ ﴾ وَنَرَاهُ قَرِيبًا ﴿ ﴾ يَوْمَر		
نَالُ كَالْعِهْنِ ﴿ ﴾ وَلَا يَشَأَلُ حَمِيمٌ حَمِيمًا	تَكُونُ السَّمَاءُ كَالْمُهُلِ ﴿ ﴿ وَتَكُونُ الْجِبَ	
	اللَّهُ يُبَصَّرُونَهُمُ أَيُودٌ الْلُهُجُرِمُ اللَّهُجُرِمُ اللَّهُجُرِمُ	
يلَتِهِ الَّتِي تُؤْوِيهِ ﴿ ﴿ وَمَن فِي الْأَرْضِ	بِبَنِيهِ ﴿ الْ وَصَاحِبَتِهِ وَأَخِيهِ ﴿ اللَّهِ وَفَصِ	
و اللَّهُ وَى اللَّهُ وَى اللَّهُ وَى اللَّهُ وَى اللَّهُ وَى اللَّهُ وَاللَّهُ وَاللَّهُ وَاللَّهُ وَاللَّهُ	جَمِيعًا ثُمَّ يُنجِيهِ ﴿ ۖ كُلَّا ۗ إِنَّهَا لَظَى ﴿	
اَنَ خُلِقَ هَلُوعًا ﴿ ۚ إِذَا مَسَّهُ الشَّرُّ	وَتَوَلَّىٰ ﴿ ﴾ وَجَمَعَ فَأُوْعَىٰ ﴿ ۗ ﴾ إِنَّ الْإِنسَ	
اللهُ عَلَىٰ اللهُ عَلَىٰ اللهِ عَلَىٰ اللهِ عَلَىٰ اللهِ عَلَىٰ اللهِ عَلَىٰ اللهِ عَلَىٰ اللهِ عَلَىٰ	جَزُوعًا ﴿ ﴾ وَإِذَا مَسَّهُ الْخَيْرُ مَنُوعًا ﴿	
أَمُوَالِهِمْ حَتُّى مَّعُلُومٌ ﴿ السَّائِلِ السَّائِلِ	صَلَاتِهِمُ دَائِمُونَ ﴿ وَالَّذِينَ فِي أَ	
مِرِ اللِّإِينِ﴿٣﴾وَالَّذِينَ هُم قِنْ عَلَىٰابٍ	وَالْمَحْرُومِ ﴿ إِنَّ وَالَّذِينَ يُصَرِّبُونَ بِيَوْر	
يْرُمَأْمُونِ ﴿ ٢٠ ﴾ وَالَّذِينَ هُمْ لِفُرُوجِهِمْ	رَيِّهِم مُّشْفِقُونَ ﴿ ٢٠ ۗ إِنَّ عَنَابَ رَبِّهِمُ خَ	
مَا مَلَكُتُ أَيْمَانُهُمُ فَإِنَّهُمُ غَيْرُ	كَاْفِظُونَ ﴿ ۚ إِلَّا عَلَىٰ أَزُوَاجِهِمُ أَوْ	
	مَلُومِينَ ﴿ ﴾ فَمَنِ ابْتَغَىٰ وَرَاءَ لَٰزَلِكَ فَأُ	

وَخُلِكَ الْيَوْمُ الَّذِي كَانُوا يُوعَدُونَ ﴿

Recite the above full Chapter (Surah) 70 Ma'arij daily before going to bed.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 84]

# Lesson no. 11 Children related guidance's:





# Nabi &'s guidance about new born & children: -

#### Tahneek: -

It is to put a date or something sweet in our mouth & chew it a little, than put the date or the sweet thing into new born's mouth & rub the date at upper palate of new born's mouth for a while.

#### About Tahneek: -

- 1. A'isha رضى الله عنها reported that the new-born infants were brought to Rasoolullah & & He & blessed them & rubbed their palates with dates.

  [Muslim: 2147; Book. 38; English Book. 25; Hadees. 5347]
- 2. Hazrat Asma Bint Abu Bakr وهي gave birth to a son (in Quba), this birth was the first birth in Muslim society, Means, that time the Yahudis of Madinah had challenged the Muslims, that due to their Black magic none Muslim lady will give birth to any child, on the birth of her son (Abdullah Bin Zubair هه) all Muslims gathered & sang slogans of Takbir loudly. Hazrat Asma Bint Abu Bakr رحي الله عنه took the infant to Rasoolullah هه, Rasoolullah هه took the infant in His respected Laps & called for Tamar (قراع) (dates) & chewed the dates & put His respected saliva in the mouth of the child so that the first thing entered the child stomach was saliva of Nabi هه. He هه than pat the chewed date into the infant's mouth & rubbed it on the upper palate of the infant & prayed for Barkat.

[Bukhari: 5469; Book. 71; English vol. 7, Book. 66; Hadees. 378]

Some things are taken from other Hadees, from the same narration. The above act of dates to be spatted & rubbed on infant's upper palate is called as TAHNEEK

3. Hazrat Abu Moosa Ashari الله says that Tahneek was done by Nabi اله to his infant, & also Rasoolullah ه named his infant as Ibrahim (ابراهيم).

[Bukhari: 5467; Book. 71; English vol. 7, Book. 66; Hadees. 376]

#### Salah (namaz) cut short due to children cry: -

4. Narrated by Abdullah Bin Abi Qatadah shat my father says that Nabi said: When I stand for prayer, I intend to prolong it but on hearing the cries of a child, I cut it short, as I dislike troubling the child's mother.

[Bukhari: 707; Book. 10; English vol. 1; Book. 11; Hadees no. 675]

(This is regarding offering Salah by Jamaat).

## Offering Salaam to children is Sunnah: -

5. Anas Ibn Malik said that Nabi scame to some children who were playing: He soffered Salam to them.

[Abu Dawud: 5202; Book. 43; English Book. 42; Hadees. 5183]

## Be kind to children & teach manner to them: -

6. Anas Bin Malik 🐗 narrated that Nabi 🕸 said: Be kind to your children & perfect their manners.

[Ibn Majah: 3671; Book. 33; English vol. 5; Book. 33, Hadees. 3671]

# Child cannot be punished for his mother's crime: -

7. Narrated by Tariq Al-Muharibi that he saw Nabi raising His Hands until I saw the whiteness of His Armpits, saying: 'No child should be punished because of his mother's crime, no child should be punished because of his mother's crime."

[Ibn Majah: 2772; Book. 21; English vol. 3; Book. 21, Hadees. 2670]

## <u> If children die before puberty: -</u>

8. Narrated by Anas 🐗 that Nabi 🕮 said: A Muslim whose three children die before the age of puberty will be granted Paradise by Allah due to his mercy for them.

[Bukhari: 1248; Book. 23; English vol. 2; Book. 23; Hadees. 340]

#### Children can do Haji: -

9. Narrated by Ibn Abbas رضى الله عنها that "A woman lifted a child up to Nabi 🕾 & asked: Is there Hajj for this one?' He 🐉 said: 'Yes & you will be rewarded.

[Nasa'i: 2647; Book. 24; English vol. 3; Book. 24, Hadees. 2648]

## Maintain equality amongst children: -

10. Narrated by An-Nu'man Ibn Bashir 🐇 that Nabi 🎄 said: Act equally between your children; Act equally between your sons.

[Abu Dawud: 3544; Book. 24; English Book. 23; Hadees. 3537]

#### Mercy on children: -

11. Anas Ibn Malik 🐗 said: A woman came to A'isha رضىالله عنها & she gave her three dates. The woman gave each of her two children a date & kept one date for herself. The children ate the two dates & then looked at their mother. She took her date & split it into two & gave each child a half of it. Nabi ﷺ came & A'isha رضىالله عنها told Him ﷺ about it. He & said: Are you surprised at that? Allah will show her mercy because of her mercy towards her child.

[Al-Adab Al-Mufrad: 89; Book. 5, English Book. 5, Hadees. 89]

## Name the child on 7th day, shave hairs & do Agigah (scarifying an animal): -

12. Narrated by Amr Bin Shu'aib 🎄 from his father, from his grandfather that Nabi & ordered naming the child on the seventh day, removing the harm from him & Al-'Aqq (removing the hair & slaughtering the animal for 'Agigah).

[Tirmizi: 3066; Book. 43, English vol. 5; Book. 41, Hadees. 2832]

# Science & Tahneek: -

# Please refer lesson no. 10 Dates in part -1.

Nabi & use to do Tahneek, this is a Sunnah, which we should do it. Now days, new born suffer from juvilian diabetes & lack of glucose, which causes brain damage of new born, by this Sunnah we can solve many problems of new born.

#### Weaning: -

The Weaning means to start with feeding habit to an infant, who was on breast feeding only, means it is advised that at  $6^{th}$  month of age we should start with liquid, semi solid than soft diet followed by normal diet.

We can start our infant weanling with Sunnah items like: (Weanling is not mentioned is Tibb-e-Nabawi &, the below are all time Sunnah for all ages so this is advised by the author that we can try weanling with below).

- Wahiz
- Raisin water
- Barley Sattu water
- Giving the infant to chew dates
- Honey water
- Barley water
- Goats milk with water
- Lentils (Masoor Dal) water
- Fruits or fruit juices or dip fruit in water & make them to drink this water
- Beet root water

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

To wean a child: -





# وَالسَّمَاءِ ذَاتِ الْبُرُوجِ

Write down the above Chapter 85 (Surah) Buruj verse no. 1 & prepare a Tahveez & make the child to wear it.

 $[Cure\ of\ our\ worries\ from\ Holy\ Quran,\ by\ Maulana\ Muhammad\ Shafique\ page.\ 85]$ 

**About Nabiz: -**





According to many references & scholars, Nabi & liked Nabiz very much. Nabiz is syrup prepared by dates or raisins soaked overnight in water & this syrup (sharbat) should be drunk & this is called as Nabiz. But do not soak two types of dates together nor dates with raisins.

Please refer lesson no. 7 Grapes & dried grapes & lesson no. 10 Dates in part -1 to know more about Nabiz.

For weak looking structure (body): -

If a child is weak or having prominence of bones or weak recite the above Chapter 12 (Surah) Yusuf verse no. 56 for 41 times for 21 days with Durood Shareef in beginning & end.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 115]

For science & Hadees regarding grapes & dates refer their lesson no. 7 & 10.

# Nazar (evil eye) in pediatrics: -

Nazar (evil eye) in pediatrics are very common. Please refer lesson no. 66 Nazar (evil eye) & lesson no. 67 Treatment of Nazar (evil eye) in part-1.

The reason for the evil eye is mostly because of envy. The reality of envy is the result of hatred & malice, which is the result of anger.

[Fath Al-Hag Al-Mubeen: 219]

The evil eye is like an arrow or spear that leaves the soul of the envier & goes to the person that is envied. It afflicts the person envied & sometimes it doesn't.

When it doesn't afflict the person, it is because of the protective methods used (whether supplications, seeking refuge, etc). Also, when it doesn't afflict the person, evil eye can return to the envier.

What is an important fact to know is that the evil eye has no effect except by Allah's will. A man can give himself the evil eye (Nazar) & he can also give it to others. It can afflict someone without even being seen by the envier. For example, a blind man cannot see a person, but he can still cast the evil eye, or perhaps if the person is not around & they are described to the envier without being seen by him, it can afflict that person. It can also be afflicted by one being amazed without being envious to himself or others. The evil eye (Nazar) can be infected by anyone, even a loved one or a righteous person. So, it is incumbent on each & every one of us to take the necessary precautions & try to prevent being affected by the evil eye & to say the supplications & remembrance upon seeing something amazing & good.

[Fath Al-Haa Al-Mubeen: 198]

The evil eye is a terrible affliction that afflicts mankind; it is the most widespread affliction in the world. Most people of this nation (Muslims) will die due to it, after, what Allah has decreed.

And if we praise about Allah Ta'ala while seeing anything that makes us to amaze that thing than Inshaallah evil eye (nazar) do not afflicted. Praise Allah Ta'ala means to say: تيارك الله ماشاء الله or etc with the intending that everything are created by Allah Ta'ala & it is Allah Ta'ala who has created beautiful things. By praising Allah Ta'ala devil (shaitaan) does not gets the chance to afflict the evil eve (nazar).

#### Evil mentioned in Ouran: -

Translation: & verily, those who disbelieve would almost make you slip with their eyes (through hatred) when they bear the Reminder (Quran).

[Surah 69: 51]

# Furthermore, Allah Says: -

Translation: I seek refuge with (Allah); The Lord of the daybreak, from the evil of what He Has Created & from the evil of the darkening (night) as it comes with its darkness; *(or the moon as it sets or goes away)* & from the evil of those who practice witchcraft when they blow in the knots & from the evil of the envier when he envies. *[Surah Falaq]* 

#### Types of Evil eve (Nazar): -

#### The evil eve is from two sources: -

- 1) The evil eye from mankind (human).
- 2) The evil eye from Jinn.

Please refer lesson no. 66 & 67 in part-1.

#### Hadees on evil eye (Nazar): -

1. Narrated by Abu Hurairah الله that Nabi الله said that the evil eye is real & Aisha رض الله عنها narrates that Nabi الله said: Seek refuge with Allah, for the evil eye is real.

[Ibn Majah: 3636 & 3637; Book. 31; English vol. 4; Book. 31, Hadees. 3507 & 3508]

2. Nabi & said: "Most of those who will die from My Nation (ummat) after what Allah has decreed will be from the evil eye (Nazar)".

[Fath al-haqq al Mubeen, As-Sahih 747]

3. Hazrat Ibn Abbas رخىاله عبيا says that Nabi ه said: "The evil eye is true & if there is anything that would precedes pre-destiny, it would be the evil eye & when you are asked to take bath (as a cure) from the influence of an evil eye, you should take bath".

[Muslim: 2188; Book. 39; English Book. 26; Hadees. 5427]

# Treatment of Nazar (evil eye): -

- 4. Hazrat A'isha رخىالله عنها said: "The person who touches others with the evil eye was commanded to perform ablution (Wazoo) & the person whom he touched by the evil eye would wash himself with that water.

  [Abu Dawud: 3880; Book. 29; English Book. 28; Hadees. 3871]
- 5. Hazrat A'isha رضى الله say that Nabi ه commanded me, or commanded somebody else to Ruqyah (Islamic prayer formulas) for the evil eye (Nazar).

[Bukhari: 5738; Book. 76; English vol. 7; Book. 71; Hadees. 634]

6. Hazrat Asma Bint Umays رخىالله said: O Nabi ﷺ the children of Jafar are usually touched by the evil eye, should I perform Ruqyah (Islamic prayer formula) for them? He & said: Yes. If there is anything that precedes pre-destiny, it would be the evil eye.

[Tirmizi: 2199; Book. 28; English vol.4; Book. 2, Hadees. 2059]

7. Abu Umamah Bin Sahl Bin Hunaif narrated that Amir Bin Rabee'ah once saw Sahl Bin Hunaif taking a bath & said: By Allah! I have never observed the skin of a person that is softer than what I have just seen. Sahl fell to the ground. Nabi then came to Amir in anger & said to him: Why would one of you kill his own brother? Why have you not said Tabarakallah, (may Allah bless it)? Take a bath for it. Amir then washed his face, hands, elbows, knees, feet & a part of his garment in a pot for what he had done & then poured the used water on Sahl.

[Ibn Ma-jah: 3638; Book. 31; English vol. 4; Book. 31, Hadees. 3509]

8. Narrated by Ibn Abbas رضى الله عنها that Nabi ﷺ said: If there is anything that precedes pre-destiny, it would be the evil eye. When one is touched by the evil eye, he should take a bath (or a wash) for it.

[Tirmizi: 2203; Book. 28; English vol. 4; Book. 2, Hadees. 2062]

9. Narrated by Jabir Bin Abdullah & that The Evil Eye can take a person into grave (can cause death), & takes the camel into the cooking pot (meaning death).

[Healing with Medicine of Prophet  $\mathcal{B}$  by: Imam Ibn Qayyim Al-Jauziyah]

10. Umme Salma رضىالله عنها said that Nabi ﷺ once saw a young girl, who had a certain expression (black spot) on her face & said: Seek Ruqyah (Islamic prayer formula) for her, because she is touched by evil eye.

[Bukhari: 5739; Book. 76; English vol. 7; Book. 71; Hadees. 635]

11. Hazrat Abu Saeed & narrated that Nabi & used to seek refuge from the Jinn & the evil eye of mankind; when mu'awidhatain (Surah Falaq & Surah Naas) were revealed, Nabi & recited them & stopped recited anything else.

[Ibn Majah: 3640; Book. 31; English vol. 4; Book. 31, Hadees. 3511]

12. Hazrat Anas 🎄 narrated that Nabi 🐉 said: Made it easy to do Ruqyah for fever, evil eye (Nazar) & Sores (Namlah).

[Tirmizi: 2195; Book. 28; English vol. 4; Book. 2, Hadees. 2056] Many scholars mentioned scorpion bite in place of fever.

13. Hazrat Umme Salma رضى الله عنها says that Nabi 🕮 saw in our house a slave girl & on her face (sign of Nazar) was As-sa-faa'ah (black spots). Upon which the Nabi & said: Seek Rugyah for her, for verily she is afflicted with a look (evil eye).

[Bukhari: 5739; Book. 76; English vol. 7; Book. 71; Hadees. 635]

The scholars have said "As-sa-faa'ah" is the evil eye of jinn's.

14. Hazrat Ibn Abbas رخى الله عنبيا says that, Nabi ﷺ used to seek refuge for Hasan & Husain 💩 & use to say: Your father (means Ibrahim 🕮) used to seek refuge with Allah for Ismail & Ishaq with these words:

Translation: (I seek refuge for the two of you in the Perfect Words of Allah, from every devil & every poisonous pest & from every harmful eve).

[Tirmizi: 2201; Book. 28; English vol. 4; Book. 2, Hadees. 2060]

15. Hazrat Raza Al-Ghanvi says that get Shifa from those, in which Allah's praise are present like (Quranic verses) Alhamdulillah (Surah Faateha) or Kul ho wal-allah ho A-had (Surah Ikhlaas) (or other) & those who does not get Shifa (cure) with Ouran then understand there is no Shifa in your destiny.

[Jaa-me Al-Sagheer: 977 & Fa-te Al-kabir 1740]

16. Hazrat Abu Hurairah 🐗 says that Rasoolullah 🕮 guided to get Shifa (cure) from Quran & if anyone does not get Shifa (cure) with Quran, then understand there is no Shifa in your destiny.

[Jaa-me Al-Sagheer: 977]

17. Nabi 🍇 said: Why would anyone of you kill his brother? If he sees something that he likes, then let him pray for blessing for him.

[Ibn Majah: 3638; Book. 31; English vol. 4; Book. 31, Hadees. 3509]

(This Hadees is regarding evil eye of Sahl Bin Huniaf) (Means whenever we see a good thing we should praise Allah & give Dua of Barkat by this evil eye will not afflict).

Please refer my lesson no. 66 Nazar (evil eye) &lesson no. 67 Treatment of Nazar (evil eye) in part-1.

#### When Afflicted with Nazar:

Following Dua of Nabi 🙈 can be recited: -

**Translation:** In the name of Allah, oh! Allah remove it's (the Nazar) heat, its cold & its pain.

أَمُ بِإِذْنِ اللهِ Than after recite: -

[Hisnul Hasin (English by Muhammed Rafiq)]

#### When Afflicted by Jinn & Evil Spirits: -

The afflicted person should be made to sit down & the following verses of the Quran should be recited in front of him & blown on him: -

الرِّينِ ﴿ الْمَالِّينَ ﴿ الْعَالَمِينَ ﴿ الْمَالَمِينَ ﴿ الْمَالِينَ الْمِلْمِينَا الْمِلْمِلْمِينَا الْمَالْمِلْمِينَا الْمَالِينَ الْمِلْمِلْمِلْمِينَا الْمَالِينَ الْمَالِينَ الْمَالِينَ الْمِلْمِلْمُ الْمَالِينَ الْمَالِينَ الْمَالِينَ الْمِلْمُ الْمَالِينَ الْمَالِينَ الْمَالِينَ الْمِلْمِلْمُ الْمِلْمِلْمُ الْمِلْمِلْمُ الْمِلْمِلْمِلْمِينَالِينَ الْمِلْمُ الْمِلْمِلْمُ الْمِلْمُ الْمِلْمُ الْمِلْمِلْمُ الْمِلْمُ الْمِلْمُلْمِلْمُ الْمِلْمِلْمُ الْمُلْمِلْمُ الْمِلْمُلْمِلْمُ الْمِلْمُ الْمِلْمُلْمُ الْمُلْمِلْمُ الْمُلْمِلِيلُولِي الْمُلْمِلْمُ الْمُلْمِلُولِي الْمُلْمِلْمُلْمُ الْمُلْمِلْمُ الْمُلْمُلِيلُولِي الْمُلْمِلْمُ الْمُلْمِلْمُ الْمُلْمِلِيلُولِي الْمُلْمُلِيلُولِي الْمُلْمُلِيلُولُ الْمُلْمُلِيلُولُ الْمُلْمُلِيلُولُ الْمُلْمُلِيلُولُ الْمُلْمُلْمُلْمُلِيلُولُ الْمُلْمُلِيلُولُ الْمُلْمُلِيلُولُمُلِيلُ الْمُلْمُلِيلُولُمُلْمُل

2		
Surah Al-Baqarah: 1 to 5	سورةالبقرة: ١ إلى ٥	
لَا رَيْبَ أَ فِيهِ أَ هُدًى	الم ﴿ فُلِكَ الْكِتَابُ	
لِّلُهُتَّقِينَ ﴿ الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِثَا		
رَزَقْنَاهُمُ يُنفِقُونَ ﴿ ﴿ وَالَّذِينَ يُؤْمِنُونَ بِمَا أُنزِلَ إِلَيْكَ وَمَا أُنزِلَ		

مِن قَبْلِكَ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ ﴿ ﴾ أُولَئِكَ عَلَىٰ هُدًى مِّن رَّيِهِمْ اللهُ وَأُولَئِكَ هُمُ الْمُفْلِحُونَ ﴿ اللهُ الله Surah Al-Bagarah: 163 سورةالبقرة: ١٦٣ كُمْ إِلَهُ وَاحِدٌ ۗ ۚ لَّا إِلَهَ إِلَّا هُوَ الرَّحْمَٰنُ الرَّحِيمُ ﴿ ﴿ اللَّهُ مَا لَا تَحِيمُ Surah Al-Bagarah: 255 اللَّهُ لَا إِلَّهَ إِلَّا هُوَ الْحَتَّى الْقَيُّومُ ۚ لَا تَأْخُنُهُ سِنَةٌ وَلَا نَوْمٌ ۚ لَّهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَن ذَا الَّذِي يَشْفَعُ عِنلَهُ إِلَّا بِإِذْنِهِ ۚ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمُ وَمَا خَلْفَهُمْ ۗ وَلَا يُجِيطُونَ بِشَيْءٍ مِّنْ عِلْبِهِ إِلَّا بِمَا شَاءَ ۚ وَسِعَ كُرْسِيُّهُ السَّهَاوَاتِ وَالْأَرْضَ ۗ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ ﴿ وَمُعَ الْعَظِيمُ الْمُعَالِيمُ الْمُعَالِيمُ الْمُعَالِيمُ Surah Al-Bagarah: 284-286 سورة البقرة: ٢٨٦ إلى ٢٨٦ لِّلَّهِ مَا فِي السَّهَاوَاتِ وَمَا فِي الْأَرْضِ مَ وَإِن تُبْدُوا مَا فِي أَنفُسِكُمْ أَوْ تُخْفُوهُ يُحَاسِبُكُم بِهِ اللَّهُ ﴾ فَيَغْفِرُ لِمَن يَشَاءُ وَيُعَذِّبُ مَن يَشَاءُ ٥ وَاللَّهُ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ ﴿ ﴿ إِنَّهِ ﴿ آمَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِن رَّبِّهِ وَالْمُؤْمِنُونَ ۚ كُلُّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ أَكِي مِّن رُّسُلِهِ ۚ وَقَالُوا سَمِعْنَا وَأَطَعْنَا ۗ غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ

الْبَصِيرُ ﴿ مَهِ اللَّهُ لَكُلِّفُ اللَّهُ نَفُسًا إِلَّا وُسْعَهَا ﴿ لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا الْبَصِيرُ ﴿ مَهُ لَا اللَّهُ لَقُسْ اللَّهُ نَفُسًا إِلَّا وُسُعَهَا ﴿ الْجَنَا وَلَا تَحْمِلُ مَا الْكَسَبَتُ وَ رَبَّنَا وَلَا تُحْمِلُ عَلَيْنَا إِصْرًا كَمَا حَمَلُتُهُ عَلَى الَّذِينَ مِن قَبْلِنَا ﴿ رَبَّنَا وَلَا تُحَبِّلُنَا مَا لَا طَاقَةَ لَنَا بِهِ ﴿ وَاعْفُ عَنَّا وَاغْفِرُ لَنَا وَارْحَمُنَا ﴿ أَنتَ مَوْلَانًا فَانصُرُنَا عَلَى اللَّهُومِ الْكَافِرِينَ ﴿ اللَّهُ وَمِ الْكَافِرِينَ ﴿ اللَّهُ وَمِ اللَّهُ وَمِ اللَّهُ وَمِ الْكَافِرِينَ ﴿ اللَّهُ وَمِ اللَّهُ اللَّهُ وَالْمَا اللَّهُ وَالْمُ اللَّهُ وَالْمُؤْلِقَ اللَّهُ وَالْمُ اللَّهُ وَالْمُؤْلِقَ اللَّهُ وَالْمُؤْلِقُولُ لَنَا وَالْمُؤْلِقَا اللَّهُ وَاللَّهُ وَاللَّهُ وَاللَّهُ اللَّهُ وَاللَّا اللَّهُ وَاللَّهُ اللَّهُ وَاللَّهُ اللَّهُ وَاللَّهُ اللَّهُ اللَّهُ اللَّهُ وَاللَّهُ اللَّهُ اللَّهُ اللَّهُ وَلَا اللَّهُ مَا اللَّهُ وَاللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ وَمِ اللَّهُ اللَّهُ وَالْمُؤْلِقُولُ اللَّهُ اللَّهُ اللَّهُ وَالَا اللَّهُ وَمِ اللَّهُ الْمُؤْلِقُلْ اللَّهُ وَاللَّهُ اللَّهُ الللَّهُ اللَّهُ الللَّهُ اللَّهُ اللَّهُ الللَّالَةُ اللَّهُ الللَّهُ اللَّهُ اللَّهُ اللَّهُ الللَّهُ الللَّهُ الللَّهُ اللَّهُ اللَّهُ الللَّهُ اللَّهُ اللَّهُ الللَّهُ اللّلْمُ الللَّهُ اللَّهُ الللللَّهُ الللَّهُ اللَّهُ اللَّهُ الللَّالَةُ اللَّهُ اللَّهُ الللَّهُ اللَّهُ اللَّهُ الْمُؤْلِقُ اللَّالْمُ اللَّهُ الللَّهُ الللَّهُ الللَّهُ اللَّلَا الللَّهُ اللللَّهُ اللَّهُ الللللَّاللَّهُ الللَّهُ الللللَّهُ الللللَّهُ الللل

 $\left(6\right)$ 

Surah Aal-Imran: 18

سورة آل عمران: ١٨

شَهِنَ اللَّهُ أَنَّهُ لَا إِلَهَ إِلَّا هُوَ وَالْمَلَاثِكَةُ وَأُولُو الْعِلْمِ قَائِمًا بِالْقِسْطِ ۚ لَا إِلَهَ إِلَّا هُوَ الْعَزِيزُ الْحَكِيمُ ﴿ ﴿

7

Surah Al-Aaraf: 54

سورةالأعراف: ٤٥

8

Surah Al Muminoon: 116-118

سورةاليۇمنون: ١١٦ إلى١١٨

فَتَعَالَى اللَّهُ الْمَلِكُ الْحَقَّى ۗ لَا إِلَهَ إِلَّا هُوَ رَبُّ الْعَرْشِ الْكَرِيمِ ﴿ اللَّهِ اللَّهِ إِلَهَا آخَرَ لَا بُرُهَانَ لَهُ بِهِ فَإِنَّمَا اللَّهِ إِلَهًا آخَرَ لَا بُرُهَانَ لَهُ بِهِ فَإِنَّمَا

حِسَابُهُ عِندَ رَبِّهِ } إِنَّهُ لَا يُفْلِحُ الْكَافِرُونَ ﴿ وَقُل رَّبِ اغْفِرُ وَارْخَمُ وَأَنتَ خَيْرُ الرَّاحِينَ ﴿ الْمَافِرُونَ ﴿ وَارْخَمُ وَأَنتَ خَيْرُ الرَّاحِينَ ﴿ اللهِ اللهُ ال

9

#### Surah Al Saffaat: 1-11

# سورةالصّفت: ١ إلى ١ ١

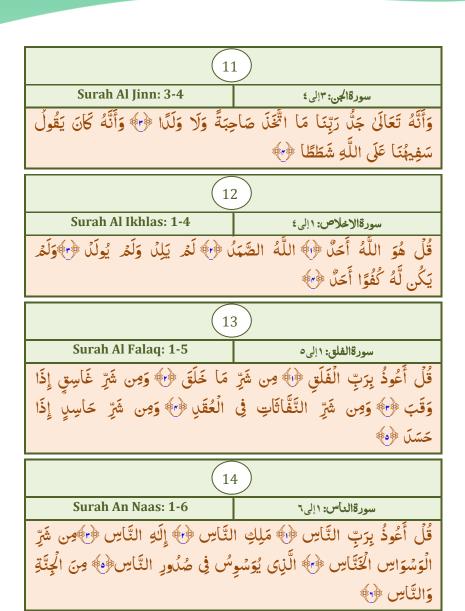
وَالصَّافَّاتِ صَفَّا ﴿ فَالرَّاجِرَاتِ زَجُرًا ﴿ فَالتَّالِيَاتِ ذِكْرًا ﴿ وَالْحَافِ إِنَّ السَّمَاوَاتِ وَالْأَرْضِ وَمَا بَيْنَهُمَا وَرَبُّ الْهَمَّارِقِ ﴿ وَمَا بَيْنَهُمَا وَرَبُّ الْهَشَارِقِ ﴿ وَهَا بَيْنَهُمَا النَّمَاءِ النَّانِيَا بِزِينَةٍ الْكَوَاكِبِ ﴿ وَفَظًا مِّن كُلِّ مُن يَطَانٍ مَّارِدٍ ﴿ وَفَظًا مِن كُلِّ مَن عَطِف الْمَعَلِ اللَّمَاءِ اللَّهُ عَلَى الْمَلَإِ الْأَعْلَى وَيُقْنَفُونَ مِن كُلِّ كُلِّ شَيْطَانٍ مَّارِدٍ ﴿ وَلَهُمْ عَنَابٌ وَاصِبٌ ﴿ وَإِلَّا مَن خَطِف الْخَطَفَة عَلَابٍ هَ وَلَهُمْ عَنَابٌ وَاصِبٌ ﴿ وَاللَّهُ مَنْ خَطِف الْخَطَفَة فَأَتْبَعَهُ شِهَابٌ ثَاقِبٌ ﴿ وَ فَاسْتَفْتِهِمْ أَهُمْ أَشَدُّ خَلُقًا أَم مَّن خَلِقًا أَم مَّن خَلَقْنَا هُم قِن طِينٍ لَّازِبِ ﴿ وَالْمَا اللَّهُ الْمَلَا الْمَالِ الْمَلَا الْمَالُو الْمَالُولُ الْمَلْ الْمَلْ الْمَلْ اللَّهُ اللَّهُ اللَّهُ اللَّهُ الْمَلْ الْمَلْ الْمَلْ اللَّهُ الْمُؤْمِنُ اللَّهُ الْمُؤْمِلُولُ الْمُلَالُولُ اللَّهُ الْمُلْ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ الْمُؤْمِلُ اللَّهُ الْمُؤْمِلُولُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ الْمِنْ الْمُؤْمِلُ الْمُؤْمِلُولُ اللَّهُ الْمُؤْمِلُولُ اللَّهُ الْمُؤْمِلُ اللَّهُ الْمُؤْمِلُولُ اللَّهُ الْمُؤْمِلُولُ اللَّهُ الْمُؤْمِلُولُ اللَّهُ الْمُؤْمُ الْمُثَالُ الْمُلْأَلُولُ الْمُؤْمِلُ اللَّهُ الْمُؤْمُ اللَّهُ الْمُؤْمِلُ اللَّهُ الْمُؤْمُ الْمُؤْمُ الْمُؤْمُ الْمُلْلِ الْمُؤْمِلُولُ اللَّهُ الْمُؤْمِلُ اللْمُؤْمِلُ اللَّهُ الْمُؤْمِلُ اللْمُؤْمُ الْمُؤْمُ الْمُؤْمُ الْمُؤْمِ الْمُؤْمُ الْمُؤْمُ الْمُؤْمُ الْمُؤْمِ الللَّهُ اللَّهُ اللَّهُ الْمُؤْمُ ال

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## Surah Al Hashr: 22-24

# سورة الحشر: ٢٢ إلى ٢٤

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ ﴿ عَالِمُ الْعَيْبِ وَالشَّهَادَةِ ﴿ هُوَ الرَّحْمَٰنُ السَّلَامُ السَّلَامُ السَّلَامُ السَّلَامُ السَّلَامُ السَّلَامُ السَّلَامُ السَّلَامُ الْمُوَمِنُ الْمُهَيْمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ ﴿ سُبُحَانَ اللَّهِ عَبَّا الْمُومِنُ الْمُهَيْمِنُ اللَّهِ عَبَّا لَيُعْرِيرُ الْجَبَّارُ الْمُتَكَبِّرُ ﴿ سُبُحَانَ اللَّهِ عَبَّا لَيُمْرِكُونَ ﴿ اللَّهُ الْجَبَارُ اللَّهُ الْجَارِءُ الْمُصَوِّرُ ﴿ لَهُ الْأَسْمَاءُ الْجَنِيرُ الْجُسْمَاءُ اللَّهُ الْمُتَاءِ اللَّهُ الْمُتَاءُ الْحَيْدِيرُ الْجَهَاءُ اللَّهُ الْمُتَاءِ اللَّهُ الْمُتَاءُ اللَّهُ الْحَيْدِيرُ الْحَيْدِيرُ الْحَيْدِيرُ الْحَيْدِيرُ الْحَيْدِيرُ الْحَيْدِيرُ الْحَيْدِيرُ الْحَيْدُ الْمُتَاءُ اللَّهُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَعْلَى اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَعْمِدُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ اللَّهُ الْمُتَعْلِكُونُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُعْلَى اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ اللَّهُ الْمُتَاءُ الْمُتَاءُ اللَّهُ اللَّهُ الْمُتَاءُ اللَّهُ اللْمُتَاءُ اللَّهُ اللَّهُولُولُولُولُولُولُولُ اللَّهُ اللَّهُ اللْمُعَامُ اللَّهُ اللَّهُ اللْمُعُلِقُ اللْمُعَامِلُولُولُولُولُولُولُ اللْمُولُولُولُ



[Hisnul Hasin (English by Muhammed Rafiq)]

# Nursing the child: -

#### Duration of breast feeding: -

1. In Quran it is mentioned that time period for breastfeeding is up to 2 years. In Chapter 2 (Surah) Bagarah verse no 233.

Surah Al-Baqarah: 233	سورةالبقرة: ٢٣٣	
وَالْوَالِدَاتُ يُرْضِعُنَ أَوْلَادَهُنَّ حَوْلَيْنِ كَامِلَيْنِ اللَّهِنِ أَرَادَ أَن يُتِمَّر		
الرَّضَاعَةَ ۚ وَعَلَى الْمَوْلُودِ لَهُ رِزْقُهُنَّ وَكِسُوَّتُهُنَّ بِٱلْمَعْرُوفِ ۚ لَا تُكَلَّفُ		
نَفْسٌ إِلَّا وُسْعَهَا ۚ لَا تُضَارَّ وَالِمَةٌ بِوَلَدِهَا وَلَا مَوْلُودٌ لَّهُ بِوَلَدِهِ ۚ وَعَلَى		
الْوَادِثِ مِثْلُ ذَٰلِكَ مَ فَإِن أَرَادَا فِصَالًا عَن تَرَاضٍ مِّنْهُمَا وَتَشَاوُرِ فَلَا		
جُنَاحَ عَلَيْهِمَا ۚ وَإِنْ أَرَدُّتُمْ أَن تَسْتَرْضِعُوا أَوْلَادَكُمْ فَلَا جُنَاحَ عَلَيْكُمْ		
إِذَا سَلَّمْتُم مَّا آتُيْتُم بِالْمَعُرُوفِ ۚ وَاتَّقُوا اللَّهَ وَاعْلَمُوا أَنَّ اللَّهَ بِمَا		
تُعْمَلُونَ بَصِيرٌ ﴿ اللَّهِ		

**Translation:** Mothers shall suckle their children for two whole years; (that is) for those who wish to complete the suckling. The duty of feeding & clothing nursing mothers in a seemly manner is upon the father of the child. No one should be charged beyond his capacity. A mother should not be made to suffer because of her child, nor should he to whom the child is born (be made to suffer) because of his child. & on the (father's) heir is incumbent the like of that (which was incumbent on the father). If they desire to wean the child by mutual consent & (after) consultation, it is no sin for them; & if ye wish to give your children out to nurse, it is no sin for you, provided that ye pay what is due from you in kindness. Observe your duty to Allah & know that Allah is Seer of what ye do.

Refer lesson no. 40 milk in part-1.

# Lesson no. 12 Skin related guidance's:





#### INTRODUCTION

In this other severe infectious skin diseases also come.

Cure for Juzaam & Barss (both means leprosy like disease) & Bayadh (vitiligo); Barss means leprosy or destructive infection of skin & its lavers.

## Nabi &'s guidance about skin: -

#### About Hijamah on Wednesday can cause skin diseases: -



1. Hazrat Ibn Umar رضي الله عنبيا said: 'O Nafi'! The blood is boiling in me. Bring me a cupper but let it be someone gentle if you can & let him be a young man, not an old man or a boy, for I heard' Nabi 🐉 saying that Hijamah (الحجامة) on empty stomach

is best, in it is cure & blessings, it improves intellect & memory & further said do (undergo) Hijamah (الحجامة) yourselves with blessings of Allah Ta'ala on thursday & keep away from Hijamah (الحجامة) on wednesday, friday, saturday & sunday (to be safe) & said perform Hijamah (الحجامة) on monday & tuesday for it is the days Allah saved (Prophet) Ayyub (a.s) from a trail (aazmaeesh) & he was inflicted with the trail on wednesday & said, You will not find (skin diseases like) Juzaam & Barss, except on Wednesday (or Wednesday night).

[Ibn Majah: 3616 & 3617; Book. 31; English vol. 4; Book. 31, Hadees. 3487 & 3488]

Please note many scholars advice not to shave unwanted hairs on Wednesday.

## Avoid cupping on Wednesday: -

2. Hazrat Abu Hurairah الحجامة) on Wednesday & if, he suffers from (skin diseases like) Barss (برص) or Bayadh (بياض) (Vitiligo), than he should scold himself.

[Musnad Bazzar: 3022]

Please note many scholars advice not to shave unwanted hairs on Wednesday. Please refer lesson no. 44 Wet cupping (Hijamah) in part-1 for detail study.

#### Dua for protection from major skin disease: -

3. Narrated by Anas Ibn Malik & that Nabi & used to say (pray / recite):

<u>Translation:</u> "O Allah, I seek refuge in Thee from leprosy, madness, elephantiasis & evil diseases".

[Abu Dawud: 1554; Book. 8; English Book. 8; Hadees. 1549]

# Ajwah dates cure leprosy (Juzaam): -



4. Hazrat A'isha رضى الله عنها says that Nabi ﷺ guided to use 7 Ajwah dates (عَوة) of Madinah (الهدينه) for 7 days; this helps in curing Juzaam (الجنام).

[Abu Nu-aim: 899]

(Juzaam is Leprosy (kodh) or a severe infectious skin disease.

# Olive oil cure for 70 diseases including leprosy (Juzaam): -



5. Hazrat Abu Hurairah له says that, Rasoolullah هه said: Eat Olive oil (Zait) (زيت) & massage (with it), in it, there is cure for 70 diseases, including Juzaam (الجنام) (leprosy) (kodh).

[Abu Nu-aim/Al-Zait: 684]

#### Avoid looking excessively to leprosy patient: - -

6. Narrated by Ibn Abbas رضىالله عنبيا that Nabi 🍇 said: Do not keep looking at those who have leprosy (الْبَحْنُهُ مِينَ).

[Ibn Majah: 3672; Book. 31; English vol. 4; Book. 31, Hadees. 3543] Serving leprosy patient: -



7. Narrated by Jabir 🐗 that Nabi 🕮 took a man who was suffering from tubercular leprosy, by His Hand; He & then put it along with His & own Hand in the dish & said: كُلُ ثِقَةً بِاللَّهِ وَتَوَكُّلاً عَلَيْهِ Eat with confidence in Allah & trust in Him.

[Abu Dawud: 3925; Book. 30; English Book. 29; Hadees. 3914] (Please note that there are many types of leprosy or severe skin infection & diseases, but all are not contagious so in some Hadees you will find that it

Leprosy as a punishment for hoarding food: -

is advised to stay away from the patient & in some not to be).

8. Narrated by Umar Bin Khattab 🐞 that he heard Nabi 🕸 saying: Whoever hoards food (and keeps it from) the Muslims, Allah will afflict him with leprosy & bankruptcy (الجُنَام وَالإِفْلاس).

[Ibn Majah: 2238; Book. 12; English vol. 3; Book. 12, Hadees. 2155]

# Madinah soil cures leprosy: -

9. The soil of Madinah is a cure from leprosy.

[Al-Zubair Ibn Bakar in Akhbar al-Madinah, Abu Nu`aym in Al-Tibb Al-Nabawi, Ibn al-Sunni & Al-Rafi`i in Akhbar Qazwin]

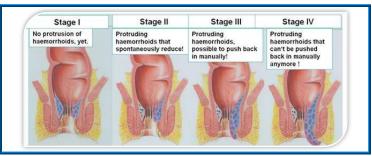
# Keep a little distance between you & leprosy patient: -

10. Hazrat Abdullah Bin Abi Auif 🐇 says that Nabi 🐉 said: When you talk to a Majzum patient (Leprosy or unpleasant disease) keep one or two arrow distance between you & him.

[Kanzul Ummaal: 28329]

(Please note that there are many types of leprosy or severe skin infection & diseases, but all are not contagious so in some Hadees you will find that it is advised to stay away from the patient & in some not to be).

Cure for Basoor (piles): -



## How to pray Salah during piles or other problems: -

1. Narrated by Imran Bin Husain & that (I had) piles, so I asked Nabi & about the Salah (prayer). He & said: Pray while standing & if you can't, pray while sitting & if you cannot do even that, then pray lying on your side.

[Bukhari: 1117; Book. 18; English vol. 2; Book. 20; Hadees. 218]

2. Hazrat Uqba Bin Aamir الله says that Nabi said: "For you Zaitoon (olive), a blessed tree, oil is present, treat by it (oil) so that it cures Basoor (الباسور).

[Abu Nu-aim/ Al-Tibb Al-Nabawi: 463] (Basoor is piles).

# Olive oil cures piles: -



3. Hazrat Alkama Bin Aamir له says that Nabi هه said: "For you Zait Al-Zaitoon (زيت الزيتون) (Olive oil) is present, use it, in eating & massage because it is beneficial in piles (Bawaseer) (البواسير)".

[Kanz Al-Ummal: 28295]

# Fig cures piles: -





4. Hazrat Abu Darda 🐟 says that a dish full of Fig (التين) (Anjeer) was presented to Nabi & once & Nabi & said us, to eat it & further said, if anyone asks me, that any fruit has been sent from paradise (الجنة), so I will say, this is the fruit, (fig) & yes it is from paradise (الجنة) & is amongst the dry fruit of paradise (Jannah) & also said, eat it, & it is a cure for piles (البواسير) & arthritis (النقرس).

[Ibn Abu Bakr Al Jauzi / Al-Tibb Al-Nabawi Harfut Taa]

5. Hazrat Abu Zar 🐞 also narrates the same above, with difference in some words.

> [Kanz Al-Ummal: 28280] Please refer lesson no. 26 Piles in part-2.

#### Dua for Wounds. Boils & etc: -



1. Narrated by A'isha رضىالله عنها that Nabi 🕮 used to say to the patient:

**Translation:** In the Name of Allah, The earth of our land & the saliva of some of us cure our patient.

[Bukhari: 5745; Book. 76; English vol. 7; Book. 71; Hadees. 641]

2. Narrated by A'isha رض الله عنها that Nabi ﷺ used to read this Ruqyah:

**Translation:** In the Name of Allah, the earth of our land & the saliva of some of us cure our patient with the permission of our Lord.

With a slight shower of saliva, while treating with a Rugyah.

[Bukhari: 5746; Book. 76; English vol. 7; Book. 71; Hadees. 642]

3. Narrated by Anas Ibn Malik رضىالله عنها that Nabi ﷺ used to say (pray):

**Translation:** O Allah, I seek refuge in Thee from leprosy, madness, elephantiasis & evil diseases.

[Abu Dawud: 1554; Book. 8; English Book. 8; Hadees. 1549]

# Rules about boils, abscess & cutting of vein: -



1. Yahya related to me from Malik that Muhammad Ibn Abdullah Ibn Abi Maryam once asked to Saeed Ibn Al-Musayyab about (what to do with) a nail of his that had broken while he was in Ihram & said: Cut it off.

Malik was asked whether someone in ihram who had an ear-complaint could use medicinal oil which was not perfumed for dropping into his ears & he said: I do not see any harm in that & even if he were to put it into his mouth I still would not see any harm in it. Malik said that there was no harm in some one in ihram lancing (cut) an abscess that he had, or a boil, or cutting a vein, if he needed to do.

[Muwatta Malik: 799; Book. 20, English Book. 20, Hadees. 97]

2. Narrated by Abu Hurairah that Nabi said: There is no one who is wounded in the cause of Allah - & Allah knows best of who is wounded in His cause - but he will come on the Day of Resurrection (Qayamah) with his wounds looking as they did on the day he was wounded; their color will be the color of blood but their smell will be the fragrance of musk.

[Ibn Majah: 2901; Book. 24; English vol. 4; Book. 24, Hadees. 2975]

# Dua for wounds & boils & etc: -

Place the fore finger of right hand on the ground & while lifting the finger recite:



[Hisnul Hasin (English by Muhammed Rafiq)]

كِشْفَى سَقِيهِنَا بِإِذْنِ رَبِّنَا • Or recite: -

[Hisnul Hasin (English by Muhammed Rafiq)]

# Science & Hadees regarding soil & human saliva: -

In the above Hadees Nabi \$\mathbb{B}\$ took his saliva on the forefinger then he put it on the soil & wipe on the wound place, this above Hadees shows the Prophet \$\mathbb{B}'\$'s miracle, which is evidence of healing by using soil & saliva.

Research on antimicrobial activity of certain bacteria & fungi isolated from soil mixed with human saliva against pathogenic microbes causing dermatological diseases by Huda Mohammed Ahmed Shaikh at Open Access funded by King Saud University.

Soil samples (collected from Al-Madina Al-Monawara, Kingdom Saudi Arabia) were mixed with human saliva, incubated in media suitable for bacterial & fungal growth & filtered. Eighteen bacterial & five fungal species were isolated & identified. The bacterial & fungal filtrates as well as the isolated species were evaluated for their antimicrobial activities against some pathogenic microbes causing dermatological diseases (Staphylococcus aureus, methicillin resistant S. aureus (MRSA) & Aspergillus Niger). The bacterial filtrate showed significant antagonistic effect against S. aureus & methicillin resistant S. aureus (MRSA), whereas showed non inhibitory action on the pathogenic fungus. In contrast, the fungal filtrate antagonized the growth of the pathogenic fungus (A. Niger) & did not produce any inhibitory effect on the two tested pathogenic bacteria. The isolated bacterial species showed different levels of antagonistic activities against the three microbes. Bacillus subtilis was described as potent isolate against the pathogens, followed by Esherichia-coli, However, Bacillus megaterium strongly inhibited the growth of the pathogenic bacteria only. On the other side, all the fungal filtrates of the isolated species, except Cochliobolus lanatus showed antagonistic activity against the pathogenic fungus (A. Niger). The filtrate of Fusarium oxysporum & Emericella nidulans counteracted the growth of S. aureus, whereas, the growth of MRSA was inhibited only by the filtrate of E. nidulans. From

the passage of our respected Prophet & if any person complains from a wound or ulcer, the messenger of Allah & put His Forefinger on the ground & lift it then recited: (In the Name of Allah, soil of our land, with the saliva of some of us, our sick person will get well after the permission of our Lord).

#### Blisters: ·

# Zarirah (sweet flag) to be applied on Blisters & do Dua: -



1. Nabi 🐉 advised his wife to apply Zarirah (فريرة) (sweet flag) because she had a blister on her finger & Nabi & said: Also do Dua to Allah Ta'ala saying: Who makes big things smaller & makes small things bigger, make small that what I have (means the blister).

[Mustadrak Al Hakim: 7463]

2. One of the Wife of Nabi & says that, Nabi & asked: Do you have any Zarirah (فرية) (sweet flag) she replied: Yes & (the respected) Nabi applied it on a blister between His Toes & made Dua "Oh! Allah, who extinguishes that, is big & makes big that which is smaller, Extinguish it for me" & the blister got extinguished.

[Majma Al-Zawa'id: 8350]

# Tasbih (chanting) for blisters & etc: -

3. Ali 🎄 said: Fatimah رض الله عنها went to Nabi 🐉 complaining of her hands blistering, so He & ordered her to say At-Tasbīh, At-Takbīr & At-Taḥmīd. (بِالتَّسْبِيحِ وَالتَّكْبِيرِ وَالتَّحْمِينِ)

[Tirmizi: 3409; Book. 48, English vol. 6; Book. 45, Hadees. 3409]

(Means recite Subhannullah 33 times, Alhamdulillah 33 times & Allahu-Akbar 34 times).

4. Ali 🐗 said: Fatimah رضى الله عنها complained to me about her hands blistering from grinding flour. So I said: If you were to approach your Father & & ask Him for a servant? So Nabi & said: 'Should I not direct the two of you, to that which is better for you than a servant? When the two of you lay down to sleep, say (recite) thirty-three, thirty-three, thirtyfour, of At-Tahmīd, At-Tasbīh & At-Takbīr.

[Tirmizi: 3408; Book. 48, English vol. 6; Book. 45, Hadees. 3408]

(Means recite Subhannullah 33 times, Alhamdulillah 33 times & Allahu-Akbar 34 times).

# Science & Hadees regarding Zarirah (sweet flag):

According to researches on sweet flag (ذرية) (Zarirah), it can be used externally the tea is used for sores, burns, scrofula (a disease with glandular swellings, probably a form of tuberculosis.), wounds & ulcers. & also can be used as antispasmodic, aromatic, carminative, decongestant, diaphoretic, emetic, emmenagogue, expectorant, febrifuge, nervine, sedative, stimulant, stomach ache, tonic vulnerary. It is particularly known for the beneficial effects on the stomach, especially heartburn (acidity) with sour eructations. A few small pieces of it can be chewed & the juice swallowed, gives prompt relief. The roots may be chewed several times a day for chronic conditions, until the stomach gets healthy. It also stimulates the appetite & helps to relieve acute & chronic colicky pain, gastritis, fevers, colds, sinus headaches, sinusitis, coughs, hyperacidity, deafness, arthritis, hysteria, neuralgia, epilepsy, shock.

Chewing the root is said to stop pyrosis, the discharge of an acid (burning & bitter) liquid from the stomach into the throat. For smokers, however, chewing the dried root tends to cause mild nausea, a property that makes sweet flag useful for breaking the smoking habit. A decoction (tea) of the rootstock makes a good bath additive for insomnia, malaria, cholera, typhus, flu, bronchitis, ague, diarrhea, dysentery, asthma, a general tonic & tense nerves; it has also been used in baths for children with scrofula or rickets.

# White spots or freckles: -





Freckles are small patch of light brown colour on the skin, often becoming more pronounced through exposure to the sun.

a. Hazrat Umme Salma رضىالله عنها says that at the time of Nabi ﷺ, women in postnatal bleeding (after childbirth) used to wait for forty days & we used to put Warss (Memecylon) on our faces because of freckles.

[Ibn Majah: 692; Book. 1; English vol. 1; Book 1, Hadees. 648]

Refer lesson no. 32 Warss (Memecylon) in part-1 & refer Lesson no. 44 Hijamah (wet cupping) in part-1

# For gonorrhea pain: -







# لَا إِلَّهَ إِلَّا هُوَ الرَّحْمُنُ الرَّحِيمُ

Recite the above Chapter 2 (Surah) Bagara verse no. 163 for 7 times after every Salah (namaz). (This is according to Ulama & not from Hadees)

[Cures from the Quran a pocket Book by Muhammad Elahi page. 104]

#### To improve complexion: -

# Use Sabir (Aloe Vera) for face brightness: -

1. Hazrat Umme Salma رضى الله عنها says that when Abu Salma died, I had applied Sabir (Aloe Vera) on my eyes & Rasoolullah ه came & asked her: What is this, Umme Salma? Hazrat Umme Salma رضى الله عنها answered: It is Sabir (مبر), it has no perfume in it, Rasoolullah ه answered that "It makes face Brighter, but do not use it except nights & remove it in day time, & do not apply perfume when combing your hairs, or Heena, because it is dye, than Umme Salma رضى الله عنها asked What should I use while combing my hairs, Oh' Rasoolullah ه! Rasoolullah ها replied: Use Lotus leaves, to cover your head.

[Abu Dawud: 2305; Book. 13; English Book. 12; Hadees. 2298]

(It is a part of a long Hadees).

## To make face bright or improve complexion: -

2. Hazrat Umme Salma رضي says that at the time of Nabi ﷺ, women in postnatal bleeding (after childbirth) used to wait for forty days & we used to put Warss (Memecylon) on our faces because of freckles.

[Ibn Majah: 692; Book. 1; English vol. 1; Book 1, Hadees. 648]

# Raisins brighten the face: -



3. Hazrat Tamim Aldari المربيب once gifted some Raisins (dried grapes) (الربيب) (Munakka) to Nabi & & Nabi & took them in His Hands & said, eat this, it is a healthy meal, removes tiredness, cools the anger, gives strength, makes food sweet smelling, reduces phlegm (البلغر)), brightens the face.

[Abu Nu-aim: 371]

# Raisin improves complexion: -

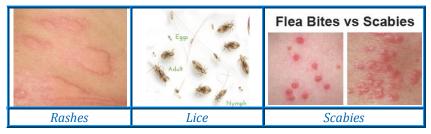
4. Hazrat Ali الله says that Nabi الربيب (munnaka), these improves the complexion, reduces phlegm (البلغم), strengthens the organs, removes tiredness, improves mood, increases good smell in breath & removes sorrow (grief).

[Abu Nu-aim: 319]

For science & Hadees regarding Raisins, Warss & Aloe Vera refer lesson no. 7, 32 & 35 in Part-1.

Skin rashes, lice & scabies: -

## Skin rashes & scabies caused by mites & Allergy: -



1. Hazrat Anas Bin Malik 🐇 says that, Nabi 🎄 allowed granted a concession to Zubair Bin Awwam & Abdur Rahman Bin Auf 🐟 allowing them to wear silk shirts, because of a rash they were suffering from.

[Ibn Majah: 3723; Book. 32; English vol. 4; Book. 32, Hadees. 3592]

#### Lice problems: -

2. Narrated by Anas Bin Malik 🕸 that Abdur Rahman Bin Awf & Zubair Bin Awwam 🎄 complained of lice to Nabi 🐉 during a battle that they participated in, So He & permitted them to wear silk shirts & Anas added: I saw them wearing them.

> [Tirmizi: 1722; Book. 24, English vol. 3; Book. 22, Hadees. 1722] There is a separate lesson on lice.

3. Narrated by Abdullah Bin Umar رضىالله عنها that Nabi ﷺ came out to us & in one of His Hand was a garment of silk & in the other was some gold. He & said: These are forbidden to the males of my nation & permitted to the females.

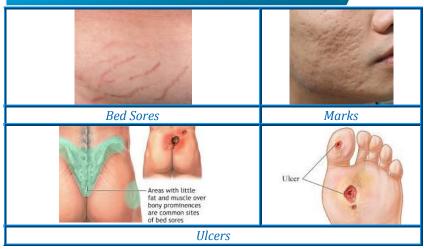
[Ibn Majah: 3728; Book. 32; English vol. 4; Book. 32, Hadees. 3597]

# Science & Hadees regarding silk: -

Some scholars, say that may be gold & silk when touched to the male skin may produce some sort of reaction or hormonal change in temperament, etc. This has not yet been proven, or disproven, by science, thus until it is proven or disproven, it cannot be accepted as a scientific fact. Some are of the opinion that wearing gold & silk are feminine in nature; & Islam does not allow men to look like or emulate women, or women to look like or emulate men.

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

# Quranic verse for marks, scars, bad sores & ulcer: -





**Translation:** One free from fault with no spot upon her"

Recite the above verse of Chapter 2 (Surah) Bagarah verse no. 71 for 101 times every day after Fajar & Isha salah.

Recite the above verse of Chapter 2 (Surah) Bagara verse no. 71 for 41 times & blow on the medicine to be applied on the affected area.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 52]

# Blisters on skin & mouth:





Recite the below full Chapter 93 (Surah) Zoha for 41 times & blow on sugar & use.

Surah Al-Zuha: 1-11	سورةالضحى: ١ إلى ١١	
﴿ مَا وَدَّعَكَ رَبُّكَ وَمَا	وَالضُّحَىٰ ﴿﴾ وَاللَّيْلِ إِذَا سَجَىٰ	
الْأُولَىٰ ﴿ وَلَسَوْفَ يُعْطِيكَ رَبُّكَ	قَلَىٰ﴿﴾ وَلَلْآخِرَةُ خَيْرٌ لَّكَ مِنَ	
يًا فَأَوَىٰ ﴿ وَوَجَلَكَ ضَالًّا		
فَهَدَىٰ ﴿ ﴾ وَوَجَدَكَ عَائِلًا فَأَغْنَىٰ ﴿ ﴾ فَأَمَّا الْيَتِيمَ فَلَا تَقْهَرُ ﴿ وَأَمَّا		
السَّائِلَ فَلَا تَنْهَرُ ﴿ ﴾ وَأَمَّا بِنِعْهَةِ رَبِّكَ فَحَيِّثُ ﴿ ﴾		

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 62, & Cures from the Quran a pocket Book by idara page. 50]

For Scabies & Allergy: -

فَكَسَوْنَا الْعِظَامَر كَعُبًا ثُمَّ أَنْشَأْنَاهُ خَلْقًا آخَرَ اللَّهُ أَتْبَارَكَ اللَّهُ أَحْسَنُ الْخَالِقِينَ



Recite the above verse of Chapter 23 (Surah) Mu'minun verse no 14 for 21 times for 41 days & blow on water & drink daily twice.

[Cures from the Quran, by Muhammad Elahi page. 111]

Skin allergy

## Lesson no. 13 Blood: -



Blood is a constantly circulating fluid providing the body with nutrition, oxygen & waste removal. Blood is mostly liquid, with numerous cells & proteins suspended in it, making blood "thicker". Liquid of blood is called as Plasma which makes up about half of the content

of blood. Plasma contains proteins that help blood to clot, transport substances through the blood & perform other functions. Blood plasma also contains glucose & other dissolved nutrients. About half of blood volume is composed of blood cells: Red blood cells, which carry oxygen to the tissues, White blood cells, which fight infections, Platelets, smaller cells that help blood to clot & etc.

# Nabi &'s guidance about blood:

#### Tuesdays a day of blood: -

1. Hazrat Kabshah رضى الله عنها (daughter of Abu Bakr ﴿﴿ ) says that her father forbid his family for Wet cupping (Hijamah) (الحجامة) on Tuesday & used to assert on the authority of Nabi & that Tuesday is the day of blood & said that on Tuesday a movement is there in which blood do not stops.

[Abu Dawud: 3862; Book. 29; English Book. 28; Hadees. 3853]

# Ash used to stop Bleeding of Nabi 😹: -



2. Narrated Sahal Bin Saad 🐇 that Nabi 🕸 got wounded on the day of Uhud: "His molar was broken & His Helmet was crushed on His 😹 Head. Fatimah رضى الله عنها was washing the blood from Him & Ali was pouring water

on Him from a shield. When Fatimah realized that the water was only making the bleeding worse, she took a piece of a mat & burnt it & when it had turned to ashes, she applied it to the wound to stop bleeding.

[Ibn Majah: 3593; Book. 31; English vol. 4; Book. 31, Hadees. 3464]

3. Abu Hazim said: While I was listening, Sahl Bin Saad 🕸 was asked: What were the wounds of Nabi & treated with? He said: None is alive who is more knowledgeable of it than I. Ali 🐟 would come with water in his shield & Fatimah رضى الله عنها would use it to wash His ﷺ blood off & a mat was burnt for Him & His & wounds were filled with it.

[Tirmizi: 2229; Book. 28; English vol. 4; Book. 2, Hadees. 2085]

#### (Please note fresh ashes were directly applied to Nabi &'s wound).

4. Narrated Sahl Bin Saud As-Saidi & that When the helmet broke on the head of Nabi & & His face became covered with blood & His incisor tooth broke (i.e. during the battle of Uhud), Ali 🕸 used to bring water in his shield while رخى الله عنها was washing the blood off His face. When Fatimah رخى الله عنها saw that the bleeding increased because of the water, she took a mat (of palm leaves), burnt it & stuck it (the burnt ashes) on the wound of Allah's Apostle , whereupon the bleeding stopped.

[Bukhari: 5722; Book. 76; English vol. 7; Book. 71; Hadees. 618]

5. Narrated Abu Hazim that he heard Sahl bin Saad 🐇 being asked about the wounds of Nabi & saying: By Allah, I know who washed the wounds of Nabi 🕸 & who poured water (for washing them) & with what he was treated. Sahl added: Fatimah رضى الله عنها, the daughter of Nabi 🎄 used to wash the wounds & Ali Bin Abi Talib 🐗 used to pour water from a shield. When Fatimah رضى الله عنها saw that the water aggravated the bleeding, she took a piece of a mat, burnt it & inserted its ashes into the wound so that the blood was congealed (and bleeding stopped). His & Canine Tooth got broken on that day & Face was wounded & His Helmet was broken on His Head.

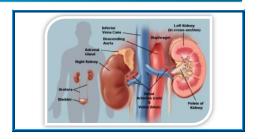
[Bukhari: 4075; Book. 64; English vol. 5; Book. 59; Hadees. 402]

Blood clotting, or coagulation, is an important process that prevents excessive bleeding when a blood vessel is injured. The platelets (type of blood cell) & proteins in your blood plasma (liquid part of blood) both work together to stop the bleeding by forming a clot over the injury.

# Science & Hadees regarding Ashes: -

Plant ash is the powdery residue that remains after plants are burned: chemically the ash is alkaline (pH > 10) & composed primarily of calcium carbonate & secondarily, most often, of potassium chloride (interestingly, alkaline derives from the Arabic word meaning plant ashes) & these help in blood clotting because it absorbs large amount of plasma, thus helps in initial clotting of blood platelets & bleeding stops & forms a protective covering on wounds thus protects the wound from germs. Many doctors have found that bleeding on Tuesdays is stopped with difficulty.

# Lesson no. 14 kidney & related guidance: -



# Nabi &'s guidance about Kidneys urine problems: -

#### Boiled water & Honey for kidney problems: -

1. Hazrat A'isha رضى الله عنها says that Rasoolullah ﷺ said that "There is an important part of kidney (called as) khasaura (الخاصرة), when this part gets swelled up, the person gets great pain & problems, treat this with excessively boiled water (الهاءالهجرق) (muharrag) & Honey (عسل)".

[Mustadrak Al Hakim: 8237; Al-Tibb]

# **Guggul for weak memory & urinary problems: -**



2. Hazrat Abdullah Bin Abbas رضىالله عنهيا says that Nabi 🎄 drank Kandar (الكنير) (Guggul) water mixed with sugar (السكر) at morning empty stomach & said that it

removes urinary problems & it is best for Nisyaan (النسيان) (weak or lack of memory).

[Al-Tibb Al-Nabawi (Al-Jawzi) vol. 1, page. 294]

# Science & Hadees regarding Guggulu: -

Guggul it is a bark-gum, it has anti bacterial activity so helpful in urinary problems & it is mostly lipid soluble & helpful in weak memory. Refer lesson no. 46 Guggul in part-1.

The details given below are according to Ulama & Islamic Scholars & not from Hadees.

# When unable to pass urine: -

Due to stones in the bladder or any other reason, recite the following Quranic verses:

رَبَّنَا اللَّهُ الَّذِى فِي السَّمَاءِ تَقَلَّسَ اسُمُكَ ، أَمْرُكَ فِي السَّمَاءِ وَالأَرْضِ ، كَمَا رَحْمَتُكَ فِي السَّمَاءِ وَالأَرْضِ ، وَاغْفِرُ لَنَا حُوبَنَا وَخَطَايَانَا أَرْضَ ، وَاغْفِرُ لَنَا حُوبَنَا وَخَطَايَانَا أَنْتَ رَبُّ الطَّيِّدِينَ ، فَأَنْزِلُ رَحْمَةً مِنْ رَحْمَتِكَ عَلَى هَذَا الْوَجَعِ

# Quranic verses for Kidney & gallstones: -

وَإِنَّ مِنَ الْحِجَارَةِ لَهَا يَتَفَجَّرُ مِنْهُ الْأَنْهَارُ ۚ وَإِنَّ مِنْهَا لَهَا يَشَّقَّقُ فَيَخُرُجُ مِنْهُ الْهَاءُ ۚ وَإِنَّ مِنْهَا لَهَا يَهْبِطُ مِنْ خَشْيَةِ اللَّهِ ۚ وَمَا اللَّهُ بِغَافِلٍ عَمَّا تَعْهَلُونَ

<u>Translation:</u> For indeed, there are stones from which rivers burst forth & there are some of them that split open & water comes out & there are some of them that fall down for fear of Allah. & Allah is not unaware of what you do".

[Surah-Al-Baqrah-2:74].

Recite the above verse of Chapter 2 (Surah) Baqarah verse no.74 for 41 times & blow on water & drink or make the patient to drink daily.

[Cures from the Quran a pocket Book by idara page no 24]

# Also for kidney stones: -

وَهُوَ الَّذِى يُرْسِلُ الرِّيَاحَ بُشُرًا بَيْنَ يَدَى رَحْمَتِهِ ﴿ حَتَّىٰ إِذَا أَقَلَّتُ سَحَابًا ثِقَالًا سُعَابًا ثِقَالًا سُقُنَاهُ لِبَلَدٍ مَيِّتٍ فَأَنْزَلْنَا بِهِ الْهَاءَ فَأَخْرَجْنَا بِهِ مِنْ كُلِّ الشَّهَرَاتِ ﴿ كَنَٰلِكَ نُخُرِجُ الْهَوْتَىٰ لَعَلَّكُمْ تَذَكَّرُونَ كَنَٰلِكَ نُخُرِجُ الْهَوْتَىٰ لَعَلَّكُمْ تَذَكَّرُونَ

Recite the above verse of chapter 7 (Surah) Aa-Raaf verse no. 57 for 21 times & blow on water & drink or make the patient to drink for some days.

[Cures from the Quran a pocket Book by Muhammad Elahi page no. 98]

# <u>For Kidney pain: -</u>

Surah Al-Quraish: 1-4	سورةالقريش: ١ إلى ٤

Recite the above Chapter 106 (Surah) Quresh (full Surah) for once or more times & blow on water or food & use.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 97]

#### Bladder Problems: -

Recite the above verse of Chapter 39 (Surah) Zumar verse no. 53 for 11 times for 11 days & blow on water & drink or make the patient to drink.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 100]

#### Urinary diseases: -

Recite the above verse of Chapter 21 (Surah) Ambiya verse no. 30 for 101 times daily & blow on water & drink or make the patient to drink.

[Cures from the Ouran a pocket Book by Muhammad Elahi page. 101]

#### Anuria (stoppage of Urine): -



Recite the above Chapter 112 (Surah) Ikhlas (full Surah) for 11 times & blow on water & drink or make the patient to drink.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 102]

#### Excessive Urination: -

Recite the above verse of Chapter 23 (Surah) Al-Mu'minun verse no. 18 for 41 times & blow on sugar or sweet thing & eat or make the patient to eat.

(Cures from the Quran a pocket Book by Muhammad Elahi page. 103)

# **Lesson no. 15 Grief, sorrow, depression, numbness, memory:**

#### INTRODUCTION

Grief is a natural response to the loss of someone or something very dear to us. Losses that may lead to grief include the death or separation of a loved one, loss of a job, death or loss of a beloved pet, or any number of other changes in life such as divorce, becoming an "empty nester," or retirement.



Sorrow is a feeling of deep distress caused by loss, disappointment, or other misfortune suffered by one or others.



Depression is a state of low mood & aversion to activity that can affect a person's thoughts, behavior, feelings & sense of well-being. People with depressed mood can feel sad, anxious, empty, hopeless, helpless, worthless, guilty, irritable, ashamed or restless.

Nabi @'s guidance about grief, sorrow & depression: -

## Do plenty of Dua while you are happy: -

1. Abu Hurairah 🎄 narrated that Nabi 🗸 said: "Whoever wishes that Allah would respond to him during hardship & grief, then let him supplicate (Dua) plentifully when at ease." (At good time)

[Tirmizi: 3382; Book. 48, English vol.6; Book. 45, Hadees. 3382]

## Dua for grief, worries & etc: -

2. Narrated by Anas Bin Malik اللهُ that Nabi اللهُ used to (recite) say: - اللَّهُمَّ إِنِّى أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْجُبُنِ وَالْبُخْلِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْجُبُنِ وَالْبُخْلِ، وَضَلَعِ النَّايْنِ، وَغَلَبَةِ الرِّجَالِ

<u>Translation:</u> O Allah! I seek refuge with You from worry & grief, from incapacity & laziness, from cowardice & miserliness, from being heavily in debt & from being overpowered by (other) men.

[Bukhari: 6369; Book. 80; English vol. 8; Book. 75; Hadees. 380]

In other Hadees it is said that Nabi & never neglected the above Dua.

[Nasa'i: 5449; Book. 50; English vol. 6; Book. 50, Hadees. 5451]

#### Dua during distress: -

3. Hazrat Abu Bakr 🐟 says that Nabi 🕮 said: The supplications to be used by one who is distressed are:

<u>Translation:</u> O Allah! Thy mercy is what I hope for. Do not abandon me to myself for an instant, but put all my affairs in good order for me.

[Abu Dawud: 5090; Book. 43; English Book. 42; Hadees. 5071]

(It is a part of a long Hadees).

4. Hazrat Asmah Bint Umays رض الله عنها says that Nabi ﷺ said: Should I teach you some words that you should recite when in distress:

<u>Translation:</u> Allah is my Lord, I do not associate anything as partner with Him. [Abu Dawud: 1525; Book. 8; English Book. 8; Hadees. 1520]

## Dua of Prophet Yunus : -

5. Ibrahim Bin Muhammad Bin Saad narrated from his father, from Saad Bin Abi Waqqas & says that Nabi & said: The supplication of Zunn-Noon (Prophet Yunus ) which he supplicated to the Lord (Allah) while in the belly of the whale was:

<u>Translation:</u> "None has the right to be worshipped but You (O Allah), Glorified (and Exalted) are You {above all that (evil) they associate with You! Truly, I have been of the wrongdoers".

No Muslim would supplicate with it concerning a matter but would be positively answered by Allah.

[Tirmizi: 3505; Book. 48, English vol.6; Book. 45, Hadees. 3505]

#### Bad deeds removed during worries, grief & etc: -

6. Abu Sa'eed Al-Khudri 🎄 narrated that Nabi 🕸 said: Nothing afflicts the believer, whether fatigue, grief, disease - even a worry that concerns him - except that by it, Allah removes something from his bad deeds.

[Tirmizi: 966; Book. 10, English vol.2; Book. 5, Hadees. 966]

## Barley broth removes sorry, grief & etc: -



7. Hazrat A'isha رضى الله عنها says that, when ever anybody use to fell ill, in Rasoolullah 2's family. Rasoolullah & use to advice to eat Barley broth (الشعير فضع) (Harisa or Daliya) & use to say it removes the sorry/grief from the heart of the patient

& removes weakness, as anyone washes the face with water & water clears the dirt present on face.

[Tirmizi: 2173; Book no. 28; English vol. 4 Book. 2, Hadees. 2039]

## Talbinah comforts the sick & lessens grief: -



8. Hazrat A'isha رضى الله عنها says that whenever in our family anyone passed away (die), people use to come to meet (for pursa) specially ladies, When all the people use to go away, expect close family members than Hazrat A'isha رضىالله عنها use to ask to cook Talbinah (التلبينه),

then ask to cook Sareed (شريد) than she رضى لله عنها use to ask to put Talbinah in Sareed (ثرین) vessel & ask to eat & she use to say that she heard Nabi ﷺ saying that Talbinah (التلبينه) brings comfort to the sick (هالمريض) & lessens grief.

[Muslim: 2216; Book. 39; English Book. 26; Hadees. 5491]

Ask for forgiveness again & again to Allah: -

9. Narrated by Abdullah Bin Abbas رضي الله عنهيا that Nabi 🕮 said: Whoever persists in asking for forgiveness, Allah will grant him relief from every worry & a way out from every hardship & will grant him provision from (sources) he could never imagine:

[Ibn Majah: 3819; Book. 33; English vol. 5; Book. 33, Hadees. 3819]

Abu Umamah 🎄 reported that when I recited the above words, Allah Removed my sadness & debts.

#### Ask forgiveness through Istighfaar: -

10. Hazrat Abdullah Ibn Abbas رضي الله عنبيا reported that Nabi 😹 said: Whoever makes Istighfaar compulsory on himself, Allah Will Remove his sadness & Will Provide him an exit for his troubles / problems; & Will Provide him Rizq (sustenance) from a source which he would never expect.

[Abu Dawud: 1518; Book. 8; English Book. 8; Hadees. 1513]

# Dua for arief, loans, sadness & etc: -

11. Hazrat Abu Saeed Khudri 🐗 said that once Nabi 🕮 entered Masjid-e-Nabawi & saw Abu Umamah Ansari 🚓, Nabi 🐉 asked him: Why I am seeing you (in Masjid) out of the times of prayers? He said: I am in grief due to my sadness & loans. Nabi & said to him: Should not I teach you some words, if you recited them, Allah Will Remove your sadness & the loans. Say these words in the morning & evening:

Translation: O Allah, I seek refuge in You from sadness & grief & I seek refuge in You from lity & laziness, & I seek refuge in You from cowardliness & miserliness, & I seek refuge in You from preponderance of debts & dominance of men on me.

[Abu Dawud: 1555; Book. 8; English Book. 8; Hadees. 1550]

#### Dua for sadness & grief: -

12. Hazrat Ibn Abbas رخىالله عنها says that Nabi هج said: Whenever sadness & grief intensify on someone, let him often repeat: لا حَوْلَ وَلا قُوَّةٌ إِلاَّ بِالله <u>Translation:</u> "There is neither power nor strength except from Allah".

[Al-Tibb Al-Nabawi of Zahbi: 24]

# Dua during grief: -

13. Narrated from Hazrat Ibn Masood & that Nabi & said: "Whenever a sadness or grief strikes a slave & the slave says:

Translation: "O Allah, I am Your slave, the son of Your slave, the son of Your female slave, my forelock is in Your Grasp, Your Decision about me will certainly come to pass, Your Judgment on me is certainly just, I ask You by every Name that is Yours & which You Call Yourself by, whether You Revealed it in Your Book, Taught it to some of Your creation or Kept in the knowledge of the unseen that You Have, Make the Noble Quran the spring of my heart, the light of my chest, the eliminator of my sadness & the end of my grief. Then Allah Will remove his sadness & depression & will replace them with joy".

[Musnad Ahmed: 3712]

# Treasures of Paradise (Jannah): -

14. Narrated by Abu Musa الله that Nabi الله said to Abdullah Bin Qais الله shall I not tell you of a word which is one of the treasures of Paradise? لا حَوْلَ وَلا قُوِّةً إِلاَّ بِاللهِ

<u>Translation:</u> (There is no power & no strength except with Allah). [Ibn Majah: 3824; Book. 33; English vol. 5; Book. 33, Hadees. 3824]

# Gate of Paradise (Jannah): -

15. Qais Bin Saad Bin Ubadah narrated that to his father; Nabi ﷺ said: Should I not direct you to a gate from the gates of Paradise? He said: Of course. He ﷺ said: ﴿ كُولَ وَلا قُوَّةٌ إِلاَّ بِاللهِ

**Translation:** There is no might or power except with Allah.

[Tirmizi: 3851; Book. 48, English vol. 6; Book. 46, Hadees. 3851]

## Jihaad among doors of Paradise (Jannah): -

16. It is narrated: Revert to Jihaad, because it is among the doors of Paradise with which Allah drives away sadness & depression from the hearts.

[Musnad Ahmed: vol. 5; Page. 319 & Ibn Hibban: 4855]

#### Offering Salah during concern matter: -

17. Narrated by Huzaifa: Whenever Nabi & would be concerned about a matter; he would turn to prayer.

[Abu Dawud: 1319; Book. 5; English Book. 5; Hadees. 1314] [وَالسَّعَبِينُوا بِالصَّدِر وَالْصَّلَا)

The details given below are according to Ulama & Islamic Scholars & not from Hadees. For excessive anger: -

Recite the above verse of Chapter 21 (Surah) Ambiya verse no. 69 for 7 times daily regularly.

[Cures from the Quran a pocket Book by Muhammad Elahi page.120]

# Numbness of legs & hands: -



8. When the leg or hand gets numb, merely utter the name of the person whom one loves most.

[Hisnul Hasin (English by Muhammed Rafiq) page. 217]

# To improve memory: -

# سَنُقُرِئُكَ فَلَا تَنْسَىٰ إِلَّا مَا شَاءَ اللَّهُ

Recite the above verse of Chapter 87 (Surah) A'laa verse no. 6-7 for 7 times & blow on water & drink or make the patient to drink.

[Cures from the Quran a pocket Book by Muhammad Elahi page.75]

# For forgetfulness: -

Recite the above verse of Chapter 2 (Surah) Baqarah verse no. 32 for 11 times before sleep.

[Cures from the Quran a pocket Book by Muhammad Elahi page.76]

# For imbalanced minded person: -

Surah Al-Takweer: 20-29	سورةالتكوير: ٢٠ إلى ٢٩	
ذِي قُوَّةٍ عِندَ ذِي الْعَرْشِ مَكِينٍ ﴿ ۖ مُّطَاعٍ ثَمَّ أَمِينٍ ﴿ ۖ وَمَا		
صَاحِبُكُم بِمَجْنُونٍ ﴿ وَلَقَلُ رَآهُ ۚ بِٱلْأُفُقِ الْمُبِينِ ﴿ وَمَا هُوَ عَلَى		
	الُغَيْبِ بِضَنِينٍ ﴿ ﴿ وَمَا هُوَ	
تَنْهَبُونَ ﴿ إِنَّ هُو إِلَّا ذِكُرٌ لِّلْعَالَمِينَ ﴿ لِمَّن شَاءَ مِنكُمْ أَن		
يَسْتَقِيمَ ﴿ ﴿ وَمَا تَشَاءُونَ إِلَّا أَن يَشَاءَ اللَّهُ رَبُّ الْعَالَبِينَ ﴿ ﴿		

Recite the above verse of Chapter 81 (Surah) Takweer verse no 20-29 for 41 times & blow on drinking water & make the person drink.

[Cures from the Quran a pocket Book by Muhammad Elahi page.117]

# Lesson no. 16 Inferior complex, frightened, sorrowness, fear:

#### **INTRODUCTION**

An inferiority complex is a lack of self-worth, a doubt & uncertainty & feelings of not measuring up to standards. It is often subconscious & is thought to drive afflicted individuals to overcompensate, resulting either in spectacular achievement or extreme a-social behavior. In modern literature, the preferred terminology is "lack of covert self-esteem". For many, it is developed through a combination of genetic personality characteristics & personal experiences.

Frightened means fright; afraid; scared; terrified.





Sorrowness means distress caused by loss, affliction, disappointment, etc.; grief, sadness or regret.



Fear means an unpleasant emotion caused by the threat of danger, pain, or harm.

# Nabi &'s guidance about inferior complex, sorrow & etc:

#### Raisins remove sorrow: -



1. Hazrat Ali 🗸 says that Nabi 🗸 said that for your beneficial there are raisins (الزبيب) (munnaka), these improves the complexion, reduces phlegm (البلغم), strengthens the organs, removes tiredness, improves

mood, increases good smell in breath & removes sorrow (grief).

[Abu Nuaim: 319]

# Raisins (Dried Grapes) in Inferior Complex: -



2. Hazrat Ali له says that Rasoolullah هه said that those who take 21 raisins (الزبيب) (Munakka) daily will be free from all diseases which give rise to inferior complex.

[Abu Nu-aim: 813]

#### Pumpkin removes inferior complex: -



3. Hazrat A'isha رضى الله عنها said to father of Hazrat Hashsham Bin Arwah الله said to her that whenever you cook dry meat add Dubba (النُبَاء) (round pumpkin) in it because it strengthens the heart which is effected with (قلب الحرين) inferior complex.

[Ibne Qayyim vol. 1, page. 308]

#### Dua during alarmed: -



4. Narrated by Abdullah Ibn Amr Ibn Al-As that Nabi sused to teach them the following words in the case of alarmed:

<u>Translation:</u> I seek refuge in Allah's perfect words from His anger, the evil of His servants, the evil suggestions of the devils & their presence.

Abdullah Ibn Amr رخىالله عنهيا used to teach them; to those of his children who had reached puberty he wrote them down (on some material) & hung on the child who had not reached puberty.

[Abu Dawud: 3893; Book. 29; English Book. 28; Hadees. 3884]

Details given below are according to the Ulama & Islamic Scholars & not from Hadees.

Quranic verses for worries: -

**Translation:** & you will remember what I [now] say to you & I entrust my affair to Allah. Indeed, Allah is Seeing of [His] servants."

[Surah Al-Mu'min: 44]

Recite the above verse of Chapter 40 (Sura) Al-Mu'min verse no. 44 for 21 times after every Asr (Salah) prayer.

#### Cure for depression & anxiety: -

Stress is anything that causes mental, physical, or spiritual tension. There is no running away from it. All that matters is how you deal with it. Depression & anxiety might seem like opposites, but they often go together. More than half of the people diagnosed with depression also have anxiety.

Recite 11 times Durood Shareef & the below verse 41 times again Durood Shareef 11 times & finally blow on your body.

اللَّهُمَّ إِنِّى عَبْدُكَ، ابْنُ عَبْدِكَ، ابْنُ أَمَتِكَ، نَاصِيَتَى بِيدِكَ، مَاضٍ فِيَّ كُمُكَ، عَدُلُ فِي عَبْدِكَ، أَسُأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمَّيْتَ بِهِ كُمُكُ، عَدُلُ فِي قَضَاؤُكَ، أَسُأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمَّيْتَ بِهِ نَفْسَكَ، أَوْ عَلَّبْتَهُ أَحَمًا مِنْ خَلْقِكَ، أَوِ السَّتَأْثَرُتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ، أَنْ تَجْعَلَ الْقُرْآنَ رَبِيعَ قَلْبِي، وَنُورَ صَدْرِي، وَجَلَاءَ حُزْنِي، وَذَهَابَ هَمِّي

For depression: -

Recite the above verse of Chapter 13 (Sura) Ra'ad verse no. 28 again & again.

[Cures from the Quran a pocket Book by Muhammad Elahi page.77]

For any grief or sadness: -

Whenever anyone gets hurt emotionally by others recite the above verse from Chapter 13 (Surah) Ra'ad verse no. 24 many times.

[Cures from the Ouran a pocket Book by Muhammad Elahi page. 116]

# Lesson no. 17 Weak memory (Nisyaan):



Weak memory means memory gaps & errors refer to the incorrect recall, or complete loss of information in the memory system for a specific time or event. Memory errors may include remembering events that never occurred

or remembering them differently from the way they actually happened.

# Nabi &'s guidance about weak memory: -

#### Pumpkin to increase intelligence: -



1. Hazrat Anas Bin Malik 💩 says that Nabi 🕮 said that round pumpkin (النَّهَاء) increases the intelligence, brain function & its strength the brain.

[Kanz al-Ummal: 28277]



2. Hazrat Ataa Bin Ruba'h 💩 says that Rasoolullah 🐉 said that long pumpkin (القرع) is present for you, who increases the intelligence & strengthens the Brain.

[Shobul Imaan: 5547]



3. Hazrat Wasila 🐗 says that Nabi 🕮 said that long pumpkin (القرع) is present for you, which increases the intelligence (العبس) & masoor daal (العبس) is also present for you, which was eaten by more than 70 Prophet of Allah Ta'ala.

[Tabraani: 152]

## <u>Hijamah to improve intellect: -</u>



4. Hazrat Ibn Umar رضى الله عنهيا says that Hijamah (الحجامة) (Wet Cupping) on empty stomach is best for cure, blessing & improves memory & intellect.

[Ibn Majah: 3616; Book. 31; English vol. 4; Book. 31, Hadees. 3487] (It is a part of a long Hadees).

**Guagul for weak Memory: -**



5. Hazrat Anas Bin Malik says that they were in Nabi & company, one person came & complaint about his weak memory (النسيان) to Nabi 🎄 & He 🐉 replied: Take Guggul (الكندر) soak it in water, overnight

& drink this water at morning empty stomach because it is best for Nisyaan (النسيان) (lack of memory).

[Al-Tibb Al-Nabawi (Al-Jawzi) vol. 1, page. 294]

#### Guggul for weak memory & urinary problems: -



6. Hazrat Abdullah Bin Abbas ضي الله عنييا says that Nabi ﷺ drank Guggul (الكنير) water mixed with sugar (السكر) at morning empty stomach & said that

it removes urinary problems & it is best for weak or lack of memory. [Al-Tibb Al-Nabawi (Al-Jawzi) vol. 1, page. 294]

Details given below are according to the Ulama & Islamic Scholars & not from Hadees. To improve memory: -

Recite the above verse of Chapter 87 (Sura) A'laa verse no. 6-7 for 7 times & blow on water & drink or make the patient to drink.

[Cures from the Quran a pocket Book by Muhammad Elahi page.75]

# Science & Hadees regarding Guggul: -

Guggul has anti bacterial activity so helpful in urinary problems, & it is mostly lipid soluble & helpful in weak memory. Please refer lesson no. 46 Guggul in part-1.

# Lesson no. 18 Epilepsy:

#### INTRODUCTION

Epilepsy is a group of neurological disorder marked by sudden recurrent episodes of sensory disturbance, loss of consciousness, or convulsions, associated with abnormal electrical activity in the brain.

According to Islamic point of view epilepsy is of two types; one is due to evil spirits (mainly mischief of Jinns) & second is due to physical body damage (mainly in brain).



# Nabi &'s guidance about epilepsy: -

# An epileptic woman amongst Paradise (Jannah): -

1. Hazrat Ata Bin Rabab 🕸 says that, Hazrat Abdullah Ibn Abbas رضىالله عنهيا once said to me, Should I tell you about a woman, who is among the people of Jannah (Paradise)? I said ves, & He said: That black woman, who came to Nabi & complained. I suffer epileptic fits during which I unknowingly take off my clothes, So Pray to Allah on my behalf, Nabi & replied: If you wish, to be patient, you will get Jannah (Paradise); or if you wish, I will Pray to Allah to cure you.

She said: Rather, I shall like to be a patient. She then said: I keep taking off my clothes during these fits, so pray to Allah for me, that I do not do so. Nabi & prayed for her.

[Bukhari: 5652; Book. 75; English vol. 7; Book. 70; Hadees. 555]

#### Epilepsy as a punishment: -

2. Narrated by Abu Hurairah الله that Nabi الله said: The Prophet Ibrahim migrated with his wife Sarah عليا السلام till He الله reached a town where there was a king or a tyrant who sent a message to Ibrahim الله ordering Him to send Sarah to him. So when Ibrahim الله had sent Sarah الله , the tyrant got up, intending to do evil with her, but she got up & performed ablution & prayed & said:

**Translation:** O Allah! If I have believed in You & in Your Apostle, then do not empower this oppressor over me.

And he (the king) had an epileptic fit & started moving his legs violently. [Bukhari: 6950; Book. 89; English vol. 9; Book. 85; Hadees. 82]

#### Recite following when epilepsy due to evil spirit: -

3. Nabi 🗸 used to say in such cases: - (means epilepsy due to evil spirits).

<u>Translation:</u> "O enemy of Allah! Depart! I am the Messenger of Allah".

[Mustadrak Al Hakim: 4232]

Please note one can recite Ruqyah also to get cure from it, please refer lessons on Ruqyah.

Recite Surah Faateha, first & last ruku of Baqarah, Ayah Al-Kursi, Surah Ikhlaas, Falaq, Naas, all 3 times each as many times as you can, blow in water, let the patient drink water many times a day, sprinkle the water on the patient & make the patient wash or bath with the same water.

[Healing with Medicine of Prophet & by: Imam Ibn Qayyim Al-Jauziyah]
Please read all lesson no. 60 to 76 on Ruqyah, evil eye, black magic in part1.

# **Epilepsy: -**

It is a group of neurological diseases characterized by epileptic seizures. Epileptic seizures are episodes that can vary from brief & nearly

undetectable to long periods of vigorous shaking. In epilepsy, seizures tend to recur & have no immediate underlying cause while seizures that occur due to a specific cause are not deemed to represent epilepsy.

The cause of most cases of epilepsy is unknown, although some people develop epilepsy as the result of brain injury, stroke, and brain tumor or due to other disorders. Genetic mutations are linked to a small proportion of the disease.

Epileptic seizures are the result of excessive & abnormal cortical nerve cell activity in the brain. The diagnosis typically involves ruling out other conditions that might cause similar symptoms such as fainting. Additionally, making the diagnosis involves determining if any other cause of seizures is present as alcohol withdrawal or electrolyte problems. This may be done by imaging the brain & performing blood tests. Epilepsy can often be confirmed by electroencephalogram (EEG) but a normal test does not rule out the condition.

# Science & Hadees about epilepsy: -

*In most of cases the cause of it remains unknown & if it is due to mischief of* jinn than all investigations appears to be normal

#### **Iinns:** -

The Jinns are real creation of Allah, outlined by Him in Holy Qur'an & acknowledged by His Prophets, Holy people & wise physicians. They have been created from smokeless fire & cannot be seen by the human eye because they are the descendants of devil (iblees) (shaitaan). Allah allows them to take the form of another living object (usually a snake, dog, donkey, human being or a scorpion) or appear as apparitions, speak to humans & invade the human body & possess it. They are confused by non Muslims for 'ghosts' if they appear to be seen by them or whisper to them. In reality, 'ghostly apparitions' which are the souls of deceased people do not exist as Allah has forbidden those who have left this World to return to it for any reason.

Some Jinn are good & decent, while others are innately evil. Possession is always caused by evil Jinn who are usually drawn to children, women who dress immodestly & vulnerable, depressed people. Even healthy people can also be possessed by them, most times as a result of sorcery, but sometimes for no apparent reason. Epileptic fits & seizures can commonly be some of the many symptoms of such possession.

# Lesson no. 19 Headache (migraine): -

#### INTRODUCTION

Headache mainly means pain in the head, it is a broad term. It is mainly caused by stimulation of blood pressure or increase in intra cranial pressure or disorder in any structure of the head or injury to the covering of the cranium, cranial nerves, or blood vessels. Headache can be a primary disorder, as in migraine or cluster headaches, or a common symptom associated with head injury or many illnesses such as acute infection, brain tumor or abscess, eye disorders such as glaucoma, dental disease & hypertension.



#### Nabi &'s guidance about headache: -

# Cupping for headache: -



1. Hazrat Salma Umme Rafe رضى الله عنها said that Rasoolullah & advised wet cupping (الجباع) (Hijamah) for headache (migraine) & Heena (الحناء) for leg pain.

[Abu Dawud: 3858; Book. 29; English Book. 28; Hadees. 3849]

Please read the lesson no. 44 Hijamah (wet cupping) in part-1 of this book so that you will learn & understand what is wet cupping.

# Cupping for headache in state of Ihram: -



2. Narrated by Ibn Abbas رضي الله عنهيا: Nabi 😹 was wet cupped on His Head for an ailment, He was suffering from, while He was in a state of Ihram at a water place called Lahl Jamal. Ibn Abbas further said: Nabi 🕸 was wet cupped on His Head for unilateral headace while He was in state of Ihram.

[Bukhari: 5700 & 5701; Book. 76; English vol. 7; Book. 71; Hadees. 602]

#### Nabi 🍇 & headache: -

- 3. Abu Naeem said in his book on Prophetic medicine that the migraine type of headache used to attack Nabi & & that it would prevent Him from going out of His House for one or two days at a time. In addition, Abu Naeem related from Hazrat Ibn Abbas رحى لله عنها that Nabi & delivered a speech while a cloth was tied around His Head.
- 4. In addition, Sahih Hadees states that Nabi & said during the illness, that precede to leave this world: "Oh My Head". He & used to tie a piece of cloth around His Head. Tying a piece of cloth around the head helps soothe the pain of headaches & migraines.

[Al-Tibb Al-Nabawi of Abu Nuaim: 69]

#### Heena for Headache: -



5. Narrated by Ibn Ma-jah that whenever Prophet Muhammad & suffered from a headache, He & used to cover His Head with Henna (Khazaab) & said: "Henna helps to relieve headache by the permission of Allah".

[Ibn Majah: 3502 & Abu Dawud: 3823 according to Maktabah Shamilah]

Details given below are according to the Ulama & Islamic Scholars & not from Hadees.

# Quranic verse for Headache: -

Recite the above verse of Chapter 56 (Surah) Waqia verse no 19 for 3 times & blow on head regularly.

[Cures from the Quran a pocket Book by idara page. 56]

# Quranic verses for migraine: -

Recite the above full Surah 108 Kausar for 7 times & blow on the patient.

[Cures from the Quran a pocket Book by Muhammad Elahi page.73]

# Ouranic verse for hemicrania: -

Recite the above verse of Surah 13 Ra'ad verse no. 16 & blow on the patient. [Cures from the Quran a pocket Book by Muhammad Elahi page. 74]

# Lesson no. 20 Sleep & Insomnia: ·

#### INTRODUCTION

Insomnia is a sleep disorder that is characterized by difficulty in sleep or staying asleep. People with insomnia have one or more of the following symptoms: - Difficulty falling asleep, waking up often during the night & having trouble going back to sleep, waking up too early in the morning, feeling tired upon waking.

Please read lesson no. 68 Sleeping Habits of Nabi & so that you know & learn about sleeping habits of our Prophet &, it is very important to read lesson 68 first.

Nabi \$\mathscr{a}'s\$ sleeping habits are the best & most beneficial for the body& its organs. Nabi \$\mathscr{a}\$ did not oversleep or deprive His Body of necessary sleep; He used to sleep when sleep is warranted & would lie on His Right Side & remember Allah in supplication (Dua) until sleep overwhelmed His Eyes. In addition, His Body would not be burdened with overeating or overdrinking. He \$\mathscr{a}\$ neither slept on the bare floor, or on high beds. Rather, He had mats made of leaves, used to lean on a pillow & would sometimes place His Hand under His Cheek.

[Healing with Medicine of Prophet & by: Imam Ibn Qayyim Al-Jauziyah]

Insomnia means habitual sleeplessness or inability to sleep. It can be a disease or sign symptom of an underlying disease.

# Nabi &'s guidance about insomnia: -

# <u>Insomnia (sleeplessness): -</u>

1. Sulaiman Bin Buraidah Anarrated that his father said that Khalid Bin Waleed complained to Nabi : 'O Rasoolullah ! I do not sleep at night due to insomnia.' So Nabi Replied: When you go to your bed, recite: -

اللَّهُمَّ رَبَّ السَّبَوَاتِ السَّبْعِ وَمَا أَظَلَّتُ وَرَبَّ الأَرْضِينَ وَمَا أَقَلَّتُ وَرَبَّ الأَرْضِينَ وَمَا أَقَلَّتُ وَرَبَّ اللَّهَيَاطِينِ وَمَا أَضَلَّتُ كُنْ لِى جَارًا مِنْ شَرِّ خَلْقِكَ كُلِّهِمْ جَمِيعًا أَنْ يَفُرُطَ عَلَى أَكُنُ مِنْهُمْ أَوْ أَنْ يَبْغِى عَلَى عَزَّ جَارُكَ وَجَلَّ ثَنَاؤُكَ وَلاَ إِلَهَ غَيْرُكَ وَلاَ إِلَهَ إِلاَّ أَنْت

O Allah, Lord of the Seven Heavens & what they have shaded, Lord of the earths & what they carry, Lord of the Shayaateen & those they have misguided, be for me a

Protector against the evil of Your creation, all of them together, so that none of them should transgress against me, or oppress me, mighty is the one who seeks protection in You & glorified is Your praise & there is none worthy of worship other than You & there is none worthy of worship except You.

[Tirmizi: 3523; Book. 48, English vol. 6; Book 45, Hadees. 3523]

One should not sleep immediately after eating & do some zikr or offer Salah is best.

[Shamail-e-Kubra; vol. 1; page. 94]

# For Sleeplessness: -

Recite the above verse of Chapter 33 (Surah) A'zaab verse no. 56 for 11 times before going to sleep.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 78]

Details given below are according to the Ulama & Islamic Scholars & not from Hadees.

# Science & Hadees regarding sleeping Habits of Nabi :-

Please refer lesson no. 68 Sleeping Habits of Nabi 🕮 in part-1

# <u>For night mares (bad dreams): -</u>

Surah Al- Sharh: 1 to 8	سورةالشرح: ١ إلى ٨		
أَلَمْ نَشْرَحُ لَكَ صَدْرَكَ ﴿ وَوَضَعْنَا عَنكَ وِزْرَكَ ﴿ الَّذِي أَنقَضَ			
ظَهْرَكَ ﴿ وَرَفَعْنَا لَكَ ذِكْرَكَ ﴿ فَإِنَّ مَعَ الْعُسْرِ يُسْرِّا ﴿ ۚ إِنَّ مَعَ			
الْعُسْرِ يُسْرًا ﴿ فَإِذَا فَرَغْتَ فَانصَبْ ﴿ وَإِلَىٰ رَبِّكَ فَارْغَب ﴿ وَإِلَىٰ رَبِّكَ فَارْغَب			

Recite the above Chapter 94 Surah Sharh for 9 times before going to bed. [Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 48]

# Lesson no. 21 Narcolepsy & Stupor (الخدران) KHADRAN:

#### INTRODUCTION

The term KHADRAN (الخيران) is translated as Narcolepsy which is a sleep disorder, but a better translation for KHADR is Narcosis or STUPOR.

Narcolepsy is a condition characterized by an extreme tendency to fall asleep whenever in relaxing surroundings.

Stupor is the lack of critical cognitive function & level of consciousness where in a sufferer is almost entirely unresponsive & only responds to base stimuli such as pain. Being characterized by impairments of reactions to external stimuli, it usually appears in infectious diseases. complicated states. hypothermia, mental illnesses (e.g. schizophrenia, severe clinical depression), vascular illnesses (e.g. hypertensive encephalopathy), neoplasms (e.g. brain tumors) & vitamin D deficiency & so on.

# Prophet &'s guidance on treating narcolepsy or stupor: -

1. Abu Ubaid said in his Book "Gharib Al Hadees" that some people passed by a tree, & they ate from the tree & they soon got immobilized, just as if a wind had swept through by them & froze them. Nabi & said: "Cool some water in water skins & then pour the water on them between the two Azaanain (the Fajar call to the Salah & the Igamah)".

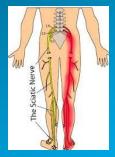
[Musannaf Ibn Shaiba: 12/154 & Baihagi: 4/224]

Nabi & mentioned water skins because water gets cooler in skin water bags (Mashak) than clay containers. That time water was stored in skin water bags (mashak).

# Lesson no. 22 Sciatica (Irqun Nisa):

#### **INTRODUCTION**

Sciatic is large & thick pair (right & left) of nerve descending from lumber & sacral spine.



Sciatica means pain affecting the back, hip & outer side of the leg. caused by compression of a spinal nerve root in the lower back, often owing to degeneration of an intervertebral disc.

# Nabi &'s guidance about sciatica: -

# Cure for Irgun Nisa (sciatica): -

1. Hazrat Anas Bin Malik 🐗 says that Nabi 🏶 said: "The cure for Irqun-Nisa (عرق النساء) (lower back pain) is in fat-tail of Bedouin sheep, its fats should be melted & divided into 3 parts & each part (should) be taken each day on empty stomach.

[Ibn Majah: 3592; Book. 31; English vol. 4; Book. 31, Hadees. 3463]

2. Hazrat Anas 🎄 says that he prescribed Al-Kabash Arabi for Irgun-Nisa (lower back pain) to 300 people & Allah Ta'ala healed to all.

[Islamic medicine page. 166; book by Yusuf Al-Hajj Ahmad]

Science & Hadees regarding fat-tailed Sheep: -

1. The role of fats in the treatment of this illness: -

Nabi ﷺ mentioned that the treatment of Irgun-Nisa (عرق النساء) (lower back pain), in some cases, is the Fat-tail of sheep, which is in fact right.

#### Modern science says: -

Prostaglandin is a large group of natural enzyme which acts as hormones & whole body is related with them. There are lots of functions which they act in the body.

Lipid metabolism has three branches, each is related to the type of fat consumed in a big quantity leading therefore to the formation of three different chemical compounds (prostaglandin 1, 2 & 3) that have opposite effects from each other. These compounds, called the prostaglandins, resemble the hormones & have different effects on pains & inflammations in the body.

Prostaglandins type 1 prevent pain & come from the fatty acid called gamma linoleic acid (GLA) that belongs to the omega 6 fat group found on a limited basis in some wild plant. These products help to convert linoleic acid to gamma linoleic acid & then to prostaglandins type 3.

Prostaglandins type 2 on the other hand, augments the pains. These are formed from omega 6 fat group as well & mainly from linoleic acid found in margarines & cakes, as well as vegetable oils.

Prostaglandins type 3 is known for their calming action on the pains & inflammations. Those are formed from Alpha Linoleic Acid (ALA), which is converted to the two compounds EPA & DHA. Alpha Linoleic Acid is found in the oils of natural leaves & herbs & so this is an advantage of the natural vegetal food eaten by humans & animals like the sheep living in a desert (oasis) especially fat-tailed sheeps. Oils that contain alpha linoleic acid are cheap. Those belong to the omega-3 group known for its large benefits & are liquid in room temperature.

# Some of the benefits of fats of omega-3: -

1. They reduce cholesterol level, protection from heart diseases & brain strokes, protection from arterial hypertension, rheumatoid, eczema & cancers. Also weight loss, formation of the tissues of the brain, the eye, the ear, the reproductive glands & the other glands tissues, formation of the membranes surrounding all the cells of the body &

- acting to protect the cells, repairing the nervous tissues as in the case of a herniated disk, one of the principal causes of Sciatica, inflammation of nervous tissues, which is the second main cause of Sciatica.
- 2. The desert sheep live on natural herbs, rich in the omega 3 fats & from it 700 medicines are prepared. The beneficial oils the sheep obtains from these herbs are stored in its tail.
- 3. Nabi & said that the tail should be melted first & so the harmful bacteria & germs are killed by the heat.
- 4. It should also be taken in three days, not more, to avoid fat oxidation & rancidity.
- 5. It should be taken on empty stomach, so that no other lipids compete with the lipids of the tail for absorption in the digestive tract at the vesicles & pancreas level, in addition to the cellular level where the enzymes acting at the membrane convert those lipids of the omega 3 group to the beneficial type 3 prostaglandin that reduce the inflammations & the pain caused by Sciatica.

# Lesson no. 23 Arthritis (Al-Nagras):





#### **INTRODUCTION**

Arthritis is a group of diseases which causes painful inflammation & stiffness of the joints. It means joint inflammation; the term is used to many types of joint diseases & conditions that affect joints, the tissues that surround the joint & other connective tissue.

# Nabi &'s guidance about arthritis: -



1. Hazrat Abu Darda لله says that a dish full of Fig (التينا) (Anjeer) was presented to Nabi مصده والتينا) (Anjeer) was presented to Nabi مصده والتينا) (Anjeer) was presented to Nabi مصده والتينا) said us, to eat it & further said, if anyone asks me, that any fruit has been sent from Paradise (الجنة), so I will say, this is the fruit, (teen)

& yes it is from Paradise (الجنة) & is amongst the dry fruit of Jannah & also said, eat it, & it is a cure for piles (النقرس) & arthritis (النقرس).

[Ibn Abu Bakr Al Jauzi / At-Tibb-e-Nabawi Harfutaa]

2. Hazrat Abu Zar 🐗 also narrates the same above, with difference in some words.

[Kanz al-Ummal: 28280]

3. Ibn Abbas رضى الله عنبيا said: "There are 360 joints & each of them owes sadaqa (charity) every single day. Every good word is sadaqa

(charity). A man's helping his brother is sadaga (charity). A drink of water, which he gives, is sadaga (charity). Removing something harmful (thing) from the road is sadaga (charity)".

[Al-Adab Al-Mufrad: 422; Book. 24, English Book. 24, Hadees. 422]

4. Narrated by Abu Hurairah & Nabi & said: "There is a (compulsory) Sadaga (charity) to be given for every joint of the human body (as a sign of gratitude to Allah) every day the sun raises. To judge justly between two persons is regarded as Sadaga & to help a man concerning his riding animal by helping him to ride it or by lifting his luggage on to it, is also regarded as Sadaga & (saving) a good word is also Sadaga & every step taken on one's way to offer the compulsory prayer (in the mosque) is also Sadaga & to remove a harmful thing from the way is also Sadaga".

[Bukhari: 2989; Book. 56; English vol. 4; Book. 52; Hadees. 232]

Please read lesson no. 5 Anjeer (fig) to learn more about it.

# Lesson no. 24 Poisoning:

#### INTRODUCTION

Poisoning means administering poison or poisons substance to (a person or animal), either deliberately or accidentally. It is taking a substance that is injurious to health or can cause death.

#### Nabi &'s guidance about poisoning: .

#### Punishment to poisoning owns self: -

1. Abu Hurairah 🐗 reported that Nabi 🏶 said: If anyone drinks poison, the poison will be in his hand (on the Day of Judgement) & he will drink it in Hell-fire & he will live in it eternally.

[Abu Dawud: 3872; Book. 29; English Book. 28; Hadees. 3863]

2. Narrated by Abu Hurairah 🐇 that Nabi 🍇 said: Whoever drinks poison & kills himself, will be sipping it in the fire of Hell forever & ever.

[Ibn Majah: 3588; Book. 31; English vol. 4; Book. 31, Hadees. 3460]

# 7 Tamar dates prevent poisoning & black magic: -



3. Hazrat Aamir Bin Saad Abu Waqqas 🧆 heard from his father that Nabi & said that anyone who eats 7 Tamar (قبر) (dates) daily, which grow between these two lava plains (two Madinah (الهدينه) mountains) empty stomach, early morning, than till evening, will not be affected with poisoning (سم) & black magic (سحر) (witch craft) & If eats at evening will be safe from poison (ﷺ) & black magic (سحر) (witch craft) till morning.

[Muslim: 2047 A; Book. 36; English Book. 23; Hadees. 5080]

#### <u> Ajwah prevents poisoning: -</u>



4. Hazrat A'isha رضى الله عنها says that Rasoolullah guided that, The Ajwah dates of 'Aliya' contain healing effects & these are antidote (for poisoning) if eaten early morning.

[Muslim: 2048; Book. 36; English Book. 23; Hadees. 5083]

#### 7 Ajwah prevents poisoning & black magic: -



5. Hazrat Saad ه says that Rasoolullah ه guided that eat 7 Ajwah (عَوة) (dates) early morning empty stomach, that day, the person will be saved from poisoning (سر) & black Magic (سر) (witch craft).

[Bukhari: 5769; Book. 76; English vol. 7; Book. 71; Hadees. 664]

#### Wet cupping for poisoning: -



6. Hazrat Ibn Abbas رضى الله عنهيا says that Nabi ه underwent Hijamah (الحجامة) (Wet Cupping) because of pain due to poisoned meat.

[Hasan Ahmed 1/305]

7. It is mentioned in Abdul Razzaq that In Qazawah khybre, Nabi swas poisoned by a Jewish woman in roasted meat of sheep, He swanderwent Hijamah at 3 point on the kahil, (upper part of back) (It is believed that 1st cup was applied on Kahil (upper back), 2nd behind the heart (at the left of kahil), & the 3rd was either a little bit lower to this point or on the right side of the kahil, Allah knows the best).

[Musannaf Abdul Razzaq]

8. Narrated by Abu Hurairah .: A Jewish presented a poisoned sheep to Nabi . but He . did not interfere with her. Abu Dawud said: The Jewish who poisoned was sister of Marhab.

[Abu Dawud: 4509; Book. 41; English Book. 40; Hadees. 4494]

9. Narrated by Anas Bin Malik . A Jewish brought a poisoned (cooked) sheep for Nabi . Who ate from it. She was brought to Nabi . Who was asked: "Shall we kill her?" He . said: "No." I continued to see the effect of the poison on the palate of the mouth of Nabi .

[Bukhari: 2617; Book. 51; English vol. 3; Book. 47; Hadees. 786]

#### Dua for prevention evils, poisoning & etc: -

10. Abu Hurairah 🐞 narrated that Nabi 🐉 said: "Whoever recites three times when reaches the evening:

Translation: "I seek refuge in Allah's Perfect Words from the evil of what he created; no poisonous sting shall harm him that night."

[Tirmizi: 3604 B; Book. 48, English vol. 6; Book. 46, Hadees. 3604]

#### Dua for safety: -

11. Narrated by Abul Yusr 🕸 that Nabi 🐉 used to supplicate: (for safety)

**Translation:** "O Allah, I seek refuge in Thee from my house falling on me, I seek refuge in Thee from falling into an abvss. I seek refuge in Thee from drowning burning & decrepitude. I seek refuge in Thee from the devil harming me at the time of my death, I seek refuge in Thee from dying in Thy path while retreating & I seek refuge in Thee from dying of the sting of a poisonous creature."

[Abu Dawud: 1552; Book. 8; English Book. 8; Hadees. 1547]

# Lesson no. 25 Libido (Jimaa'a): -

#### INTRODUCTION

Libido means sexual desire, sex drive, sexual urge & passion.

# Nabi &'s guidance about libido: -

#### Benefits of Heena: -

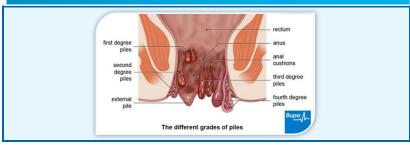
1. Hazrat Waslah الحناء), it makes your hair bright (نور), purifies you (طهر قلوب), increase libido (طهر قلوب), evidence in grave" (Qabr) (الجماع).

[Kanz al-Ummal: 28282]

# Lesson no. 26 Piles (Bawaseer): -

#### **INTRODUCTION**

Piles, also known as haemorrhoids, are swollen veins & muscle around your anus or in your anal canal. The anal canal is a short, muscular tube with blood vessels that connects your rectum (back passage) with your anus. Piles can develop when this tissue becomes swollen, possibly as a result of straining while passing the toilet. Sometimes, piles can be painful & bleed if the rectal veins get ruptured or become damaged.



#### Nabi &'s guidance about piles: -

#### Olive oil cures piles: -



1. Hazrat Alqama Bin Aamir الله said: "For you Olive oil (ريت الزيتون) is present, use it, in eating & massage because it is beneficial in Bawaseer (البواسير)" (piles).

[Kanz al-Ummal: 28295]

#### Olive oil cure for piles (Basoor): -

2. Hazrat Uqba Bin Aamir الباسور says that Nabi ه said: For you Zaitoon blessed tree oil is present, treat by it so that it cures Basoor (الباسور).

[Abu Nu-aim/Al-Tibb Al-Nabawi: 463] (Basoor is piles).

#### Fig cures piles: -



3. Hazrat Abu Darda النين says that a dish full of Teen (التين) (Anjeer) was presented to Nabi مرد & Nabi عنا said us, to eat it & further said: If anyone asks me, that

any fruit has been sent from Jannah (الجنة), so I will say, this is the fruit, (teen) & yes it is from Jannah (الجنة) & is amongst the dry fruit of Jannah & also said, eat it, & it is a cure for piles (البواسير) & arthritis (النقرس).

[Ibn Abu Bakr Al Jauzi / Al-Tibb Al-Nabawi Harfutaa]

 Hazrat Abu Zar 
 also narrates the same above, with difference in some words.

[Kanz al-Ummal: 28280]

# Salah while suffering from piles: -

5. Narrated by Imran Bin Husain & that (I had) piles, so I asked Nabi & about the Salah (prayer). He said: "Pray while standing & if you can't, pray while sitting & if you cannot do even that, then pray lying on your side."

[Bukhari: 1117; Book. 18; English vol. 2; Book. 20; Hadees. 218]

The detail given below is according to Ulama & Islamic Scholars & not from Hadees.

# Cure for piles: -



Surah Al- Feel: 1 to 5

Anyone suffering from piles should recite full Chapter 94 (Surah) Sharh in first Rakaat of Sunnah of Fajar Salah (Namaz) & should recite full Chapter 105 (Surah) Feel in the second Rakaat in the same Salah.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 34] For pain due to piles: -

Recite the above verse of chapter 76 (Surah) Dahr verse no 13 & blow on the arm.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 105]

# Lesson no. 27 Neutralization of acidic things with alkali things:

#### **INTRODUCTION**

In chemistry, neutralization (US spelling) or neutralization (UK spelling), is a chemical reaction in which an acid & a base react quantitatively with each other. In a reaction in water, neutralization results in there being no excess of hydrogen or hydroxide ions present in solution.

It is a reaction between an acid & a base, usually yielding a salt & water. Neutralization Reaction is a type of chemical reaction in which a strong acid & strong base react with each other to form water & salt.

Heartburn, as well as an acidic stomach due to eating too much spicy food, can be relieved by taking an antacid. The antacid is alkaline / basic & helps neutralize the stomach's acidic environment. You may have used medicine to ease your heartburn via the process of neutralization.

Neutralization reaction: - For example, hydrochloric acid & sodium hydroxide solution react together to form water & sodium chloride solution. The acid contains H+ ions & Cl- ions & the alkali contains Na+ ions & OH- ions.

A neutralization reaction is when an acid & a base react to form water & a salt & involves the combination of H<sup>+</sup> ions & OH<sup>-</sup> ions to generate water. The neutralization of a strong acid & strong base has a pH equal to 7.

In the reaction, H<sup>+</sup> & OH<sup>-</sup> combine to form HOH or H<sub>2</sub>O or water molecules. Neutralization is a type of double replacement reaction. A salt is the product of an acid-base reaction & is a much broader term then common table salt as shown in the first reaction.

If we were to evaporate the water from the solution after the neutralization reaction, the remaining will be sodium chloride, commonly known as table salt. In general, the term salt refers to any ionic compound that could be produced by a neutralization reaction.

Nabi &'s guidance about neutralization: -

Neutralizing Hot Potency with cold potency: -

Bathikh (watermelon) & Rutab dates: -



1. Hazrat A'isha رضى الله عنها narrates that Nabi 🎄 used to eat watermelon (البطيخ) with fresh ripen dates (الرطب).

[Tirmizi: 1843: Book. 25; English vol. 3; Book 23; Hadees. 18431



2. Hazrat A'isha رضى الله عنها narrated that Nabi 🕮 use to eat watermelon (Bathikh) with fresh ripen dates (Rutab) & use to say, heat of the one is broken by the coolness of the other & the coolness of the one by the heat of the other.

[Abu Dawud: 3836; Book. 28; English Book. 27; Hadees. 3827]

Please refer lesson no. 4 watermelon & mashmelon & lesson no. 10 dates for detail study.

#### Musk-melon & fresh ripen dates: -



3. Hazrat Anas 🧆 narrated that Nabi 🐉 ate Muskmelon (الرُّطَب) & fresh ripen dates (الْوُطَب) together.

[Shama'il: 199; Book. 30; English Book. 29, Hadees. 190]

# Tamar & Zubd (dried ripen dates & Butter): -



4. Narrated by 2 sons of Busar that Nabi & visited Hazrat Busar's home, they presented Tamar (قرر) (dried ripen dates) & Zubd (زیره) (butter) in honor of Nabi 🕮 because both were liked (together) by Nabi &.

[Ibn Majah: 3459; Book. 29; English vol. 4; Book. 29, Hadees. 3334]

# Oissa'a & Rutab (Fresh ripen dates & cucumber): -



5. Hazrat Abdullah Bin Jafar 🐞 says that Rasoolullah 🐉 use to eat Qissa'a (القثاء) (cucumber) with Rutab (dates) (الرطب) (fresh ripen dates).

[Tirmizi: 1844; Book. 25; English vol. 3; Book. 23, Hadees. 1844] 6. Hazrat A'isha رضى الله عنها ate Qissa'a (القثاء) (cucumber) & Rutab (الرطب) (dates) (fresh ripen dates) together to gain weight & she successfully gained weight.

[Ibn Majah: 3449; Book. 29; English vol. 4; Book. 29, Hadees. 3324]

# Scientific benefits of Prophet & eating habits: -

- 1. The food becomes neutralized when acidic food substances are mix with alkali food substances. Acidic food substances mean hot potency food substances & alkali food substances are cold potency food substances (mostly). The food becomes neutralized means nor hot nor cold. These types of food do not disturb the acid base balance of the body. The food becomes light to digest, easily distributed in body & reaches the cells of the body, easily metabolized in the body.
- 2. The simplest food we eat (the more) we will be disease free (as per the Sunnah of Prophet 3. Nowadays there are various diseases like diabetes, thyroidism, cancers, auto immune diseases, asthma, allergies, kidney failures, vitiligo & etc are also caused by faulty habits of eating, means against the Sunnah of Prophet &.
- 3. We people eat fried, cooked, boiled, fermented (etc) foods together; this causes free radicals in our body & leads to deadly diseases like cancers, diabetes & etc.
- 4. We Muslims break our fast (iftaar) with a mixture of food substance like fried, cooked, boiled etc food substances, also mix a lot of varieties of fruits together, What will be the result we all know?

#### Cucumber & dates together: -

Cucumber & dates: cucumber has a cold effect & dates have a hot one. By combining the two it becomes neutralized. From this Hadees we gather that it is recommended that the effect (hot or cold) of things eaten should be taken into consideration. Cucumber is insipid & tasteless & dates are sweet which results in the cucumber also tasting sweet. Both are opposite to each other & cucumber are rich in water contains.

Please match the nutritional facts of both cucumber & dates & see what a combination both are both makes a perfect nutrition & are opposite to each other. This is miracle of Sunnah of Prophet & eating both together.

Nutritional value of Dates. 100 mg of Dates has Calories 282 % Daily Value		Nutritional value of Cucumber. 100 grams of Cucumber has Calories 16 %	
Water content in dry dates	10% -20%	Water content in cucumber	96%
Total Fat 0.4 g	0%	Total Fat 0.1 g	0%
Saturated fat 0 g	0%	Saturated fat 0 g	0%
Polyunsaturated fat 0 g		Polyunsaturated fat 0 g	
Monounsaturated fat 0 g		Monounsaturated fat 0 g	
Cholesterol 0 mg	0%	Cholesterol 0 mg	0%
Sodium 2 mg	0%	Sodium 2 mg	0%
Potassium 656 mg	18%	Potassium 147 mg	4%
Total Carbohydrate 75 g	25%	Total Carbohydrate 3.6 g	1%
Dietary fiber 8 g	32%	Dietary fiber 0.5 g	2%
Sugar 63 g		Sugar 1.7 g	
Protein 2.4 g	4%	Protein 0.6 g	1%
Vitamin A	0%	Vitamin A	2%
Vitamin C	%	Vitamin C	4%
Calcium	3%	Calcium	1%
Iron	5%	Iron	1%
Vitamin D	0%	Vitamin D	0%
Vitamin B6	10%	Vitamin B6	10%
Magnesium	10%	Magnesium	3%

# Watermelon & Dates together: -

Match the nutrition of both & judge both are opposite to each other & both in combination make a perfect nutrition. This is miracle of Sunnah of Prophet & eating both together.

Nutritional value of dates. 100 grams of dates has 282 calories.		Nutritional value of watermelon 100 grams of dates has 30 calories only	
Water content in dry dates	10% -20%	Water content in watermelon	92%
Total Fat 0.4 g	0%	Total Fat 0.2 g	0%
Saturated fat 0 g	0%	Saturated fat 0 g	0%
Polyunsaturated fat 0 g		Polyunsaturated fat 0 g	
Monounsaturated fat 0 g		Monounsaturated fat 0 g	
Cholesterol 0 mg	0%	Cholesterol 0 mg	0%
Sodium 2 mg	0%	Sodium 1 mg	0%
Potassium 656 mg	18%	Potassium 122 mg	18%
Total Carbohydrate 75 g	25%	Total Carbohydrate 8 g	25%
Dietary fiber 8 g	32%	Dietary fiber 0.4 g	32%
Sugar 63 g		Sugar 6 g	
Protein 2.4 g	4%	Protein 0.6 g	4%
Vitamin A	0%	Vitamin A	11%
Vitamin C	%	Vitamin C	13%
Calcium	3%	Calcium	0%
Iron	5%	Iron	1%
Vitamin D	0%	Vitamin D	0%
Vitamin B6	10%	Vitamin B6	0%
Magnesium	10%	Magnesium	2%

# Lesson no. 28 Guidance during illness: -

#### INTRODUCTION

While we are recovering from illness, our body is working extra hard to repair & rebuild itself. Any type of illness can cause a loss of appetite, leading to deplete nutrients & weight loss. Energy levels can fall dramatically during illness, so maintaining your carbohydrate intake as energy foods, this will help provide the body with the fuel it needs to function efficiently & recover quickly. (During recovery period)

So eat carbohydrate rich food such as bread, rice or pasta with each meal to supply extra energy to your body.

'It is especially important to eat plenty of carbohydrates when you are ill because it will not only boost your energy levels but also help prevent depression or feelings of lethargy,' 'This is because your brain needs glucose to function efficiently & prevent it from becoming lethargic & depressed.'

Carbohydrates are an important source of glucose & if your carbohydrate levels are low, your body & brain will lack energy & may take longer to recover from illness.

# Nabi &'s guidance during illness: -

# Guidance about dates during illness & after illness: -



1. Hazrat Umme Munzir رضى الله عنها says that, Rasoolullah & & Hazrat Ali & both came home, she had Dawaal (دوال) (bunches of dates), she served Dawaal (دوال) to both, both started to eat the dates, but when Hazrat Ali & had eaten 7 dates (approximately)

he was stopped by Rasoolullah ﷺ from eating more, & He ﷺ said to Hazrat Ali ﷺ that you were ill last days & now you are weak, so do not eat more, Hearing to this Hazrat Umme Munzir رضىالله عنها prepared Sareed (رثيريا) (thin gravy) of meat, beet root & chapatti (غير) from Jaw

(الشعير) (barely flour) & served to both, on this Rasoolullah ﷺ said to Hazrat Ali 💩 eat this dish, this is beneficial for you.

[Tirmizi: 2170; Book. 28; English vol. 4, Book. 2, Hadees. 2036]

#### Guidance durina eve pain: -



2. Hazrat Suhaib 🌞 reports that his right eye was paining & he was eating dates (تي) looking to this; Rasoolullah & said that, you are eating Tamar (قر) (dates) in spite of eye pain, On this Hazrat Suhaib 🧆

said that I am eating from left side & my right eye is paining.

[Baihagi: 20047]

#### Do not force sick to eat: -

3. Narrated Uqbah Bin Aamir Al Juhani 🐗 says that Nabi 🕮 said: "Do not force your sick to eat, for indeed Allah provides them food & drink.

[Tirmizi: 2175; Book. 28; English vol. 4; Book. 2, Hadees. 2040]

The detail given below is according to Ulama & Islamic Scholars & not from Hadees.

# Quranic verse to restoration of health: -

Surah Al- Room: 30	سورةالروم: ۳۰	
	فَأَقِمُ وَجُهَكَ لِللَّايْنِ حَنِيفًا ۚ فِطْرَتَ	
الْقَيِّمُ وَلَكِنَّ أَكْثَرَ النَّاسِ لَا	تَبْدِيلَ لِخَلْقِ اللَّهِ ﴿ ذَٰلِكَ الدِّينُ	
	يَعْلَبُونَ ﴿ يَعْلَبُونَ ﴿ يَعْلَبُونَ الْمِنْ	

**Translation:** "So direct your face toward the religion, inclining to truth, [Adhere to] the fitrah of Allah upon which He has created [all] people. No change should there be in the creation of Allah. That is the correct religion, but most of the people do not know."

[Surah-Al-Room-30:30]

Recite the above verse of Chapter 30 (Surah) Al-Room verse no. 30 for 21 times every day after Dawn & Asr prayer).

# Lesson no. 29 Medicine on Empty stomach & early morning:

#### INTRODUCTION

All natural herbs & medicated food stuffs should be taken on empty stomach especially early morning, but all the allopathic medicines should be taken as prescribed by the doctors. Please read scientific benefits given below.

Nabi 🐉's guidance about taking things on empty stomach & early morning: -

#### Dates to be eaten on empty stomach early morning: -



1. Hazrat Aamir Bin Saad Abu Waqqas المعنوبة heard from his father that Nabi المعنوبة said that anyone who eats 7 Tamar (قرر) (dates) daily, which grow between these two lava plains (two Madinah (المدينة) mountains) empty

stomach, early morning, than till evening, will not be affected with poisoning (سور) & black magic (سور) (witch craft) & if eats at evening, will be safe from poison (سعر) & black magic (سعر) (witch craft) till morning.

[Muslim: 2047 A; Book. 36; English Book. 23; Hadees. 5080]



2. Hazrat Abdullah Ibn Abbas رضى الله عنهيا says that Rasoolullah ﷺ guided that eat Tamar (قر) (dates) on empty stomach early morning, by this worm of stomach get killed.

[Musnad Firdous: 4813]

3. Hazrat A'isha رضىالله علي says that Rasoolullah ها guided that, The Ajwah dates of 'Aliya' contain healing effects & these are antidote (for poisoning) if eaten early morning.

[Muslim: 2048; Book. 36; English Book. 23; Hadees. 5083]

4. Hazrat Saad هه says that Rasoolullah هه guided that eat 7 Ajwah (عَوة) (dates) early morning empty stomach, that day, the person will be saved from poisoning (سم) & black Magic (سم) (witch craft).

[Bukhari: 5769; Book. 76; English vol. 7; Book. 71; Hadees. 664]

#### Eating watermelon on empty stomach: -



5. Nabi ﷺ guided that eating watermelon (البطيخ) before meal (empty stomach) cleans the stomach & removes diseases.

[Faizul Qadeer: 10014]

#### Best Time to eat Quince (Safarjal): -



6. Hazrat Anas Bin Malik السفرجل says that Nabi ه said to eat Quince (السفرجل) early morning on empty stomach.

[Kanz al-Ummal: 28259]

# Wet cupping (Hijamah) is best if done on empty stomach: -



6. Hazrat Anas Bin Malik السفرجل says that Nabi ه said, to eat Quince (السفرجل) early morning on empty stomach.

[Kanz al-Ummal: 28259]

7. Hazrat Ibn Umar رضى الله عنهيا says that wet cupping (الحجامة) on empty stomach is best for cure, (& has) blessing & improves memory & intellect.

[Ibn Ma-jah 3616; Book. 31; English vol. 4; Book. 31, Hadees. 3487.] (It is a part of a long Hadees).

8. Hazrat Ibn Umar رحى لله عنها, said: 'O Nafi'! The blood is boiling in me. Bring me a cupper but let it be someone gentle if you can & let him be a young man, not an old man or a boy, for I heard' Nabi ﷺ saying that Hijamah (الحيامة) on empty stomach is best, in it, is cure & blessings, it improves intellect & memory & further said do (undergo) Hijamah (الحيامة) yourselves with blessings of Allah Ta'ala on thursday & keep away from Hijamah (الحيامة) on wednesday, friday, saturday & sunday (to be safe) & said perform Hijamah (الحيامة) on Monday & Tuesday for it is the days Allah saved Hazrat Ayyub ﷺ from a trail (aazmaeesh) & He was inflicted with the trail on Wednesday & said You will not find

(skin diseases like) Juzaam & Barss (leprosy or other severe skin diseases) except on Wednesday (or Wednesday night).

[Ibn Majah: 3616 & 3617; Book. 31; English vol. 4; Book. 31, Hadees. 3487 & 3488]

Means severe skin diseases mentioned in Hadees are send down on earth on Wednesday or Wednesday night only also please note many scholars advice not to shave hairs on Wednesday.

#### **Guggul on empty stomach: -**



9. Hazrat Anas Bin Malik الله says that they were in Nabi اله soays soame & complaint about his weak memory (النسيان) to Nabi الله & He النسيان) soak it in water, overnight

& drink this water early morning empty stomach because it is best for Nisyaan (النسيان) (lack of memory).

[Al-Tibb Al-Nabawi (Al-Jawzi) vol 1; page. 294]

#### Drink fat-tail on empty stomach for lower back pain: -



10. Hazrat Anas Bin Malik الموق says that Nabi الموق said: "The cure for lower back pain (عرق النساء) is in fat-tail of Bedouin sheep, its fats should be melted & divided into 3 parts & each part (should) be taken each day on empty stomach.

[Ibn Majah: 3592; Book. 31; English vol. 4; Book. 31, Hadees. 3463]

# Scientific benefits of taking medicine on empty stomach early morning: -

Some medicines need to be taken 'before food' or 'on an empty stomach'. This is because food can affect the way these medicines work.

For example, taking some medicines at the same time as eating may prevent your stomach & intestines absorbing the medicine, making it less effective. Alternatively, some foods can interact with your medicine, either by increasing or decreasing the amount of medicine in your blood to potentially dangerous levels or levels that are too low to be effective. Some foods can neutralize the effect of certain medicines. Some examples of foods or drinks which can interact with medicines include: grapefruit juice, cranberry juice, foods high in vitamin K such as leafy green vegetables, salt substitutes or food supplements high in potassium such as bananas.

As a general rule, medicines that are supposed to be taken on an empty stomach should be taken about an hour before a meal, or two hours after a meal.

Forgetting these instructions on rare occasions is unlikely to do any harm, but taking these medicines with food regularly may not work.

#### Questions & answered about taking medicines: -

Question: I've been taking the same prescription medicine for years. Even though I'm careful to take the same amount as always, the medicine is not working like it did in the past. What is happening?

Answer: As you get older, normal changes happen in the body. You lose water & muscle tone. Also, our kidney & liver may not pass the drugs as quickly through our system as when we were younger. This means that many medicines act differently in older people. Medicine may take longer to leave your system. Talk to your doctor if you think the medicine is not working as it should.

**Ouestion:** Why should I talk to my doctor about the remedies, vitamins & OTC (over-the-counter) medicines I take, along with my regular prescriptions?

**Answer:** It is very important to tell your doctor about all the medicines you take. Taking some OTC medicines with your prescription drugs can be downright dangerous. For example, you should not take aspirin if you are on warfarin.

Some OTC drugs can lead to serious problems if used too often or with certain other drugs. Combining drugs without talking to your doctor could make you sick.

Over-the-counter (OTC) drugs are medicines sold directly to a consumer without a prescription, from a healthcare professional.

**Question:** I'm feeling sick & irritation in my stomach a lot, since I started my new pills. Some days I feel so sick I think about not taking the medicine. What should I do?

**Answer:** Talk to your doctor about any side effects you feel before you stop taking the medicines. Your doctor may have tips that can help, such as eating a light snack with your pills. You may talk to your doctor about switching to a new medicine.

**Question:** What does it means, to take medicines on an empty stomach?

Answer: Taking medicines on an empty stomach means that you should take your pills 2 hours before you eat or 2 hours after you eat.

# Lesson no. 30 Contagious Diseases & enforcing Quarantine: -

#### **INTRODUCTION**

A contagious diseases are a subset category of transmissible diseases (can transmit from person to another), usually infections or some non-infection diseases, which are transmitted to other persons, either by physical contact (hence the name-origin) with the person suffering the disease, or by casual contact with their secretions or objects touched by them or airborne route among other routes.

Islamic point of view is that contagious diseases are spread with Allah Ta'ala's Will only. As mentioned in Hadees no. 2 please read it below.

Contagious diseases can be spread mostly in 3 ways. 1) Direct physical contact with an infected person. 2) Direct physical contact with objects & other surfaces that an infected person has touched. 3) Coming in contact with airborne bacteria (through sneezing & coughing).

Ouarantine is used to separate & restrict the movement of persons: it is a 'state of enforced isolation'. This is often used in connection to disease & illness, such as those who may possibly have been exposed to a communicable disease.

Communicable diseases spread from one person to another or from an animal to a person. The spread often happens via airborne viruses or bacteria, but also through blood or other bodily fluid. The terms *infectious* & *contagious* are also used to describe communicable disease.

# What is the difference between infectious & contagious diseases?

*Infectious diseases:* are caused by microscopic germs (such as bacteria or viruses) that get into the body & cause problems. Some - but not all infectious diseases spread directly from one person to another. Infectious diseases that spread from person to person are said to be *contagious*. Some infections spread to people from an animal or

insect, but are not contagious from another human. Lyme disease is an example: You can't catch it from someone you're hanging out with or pass in the street. It comes from the bite of an infected tick.

Contagious diseases: (such as the flu, colds, or strep throat) spread from person to person in several ways. One way is through direct physical contact, like touching or kissing a person who has the infection. Another way is when an infectious microbe travels through the air after someone nearby sneezes or coughs. Sometimes people get contagious diseases by touching or using something an infected person has touched or used - like sharing a straw with someone who has mono or stepping into the shower after someone who has athlete's foot. & sexually transmitted diseases (STDs) are spread through all types of sex - oral, anal, or vaginal. We can help protect yourself against contagious diseases by washing your hands well & often, staying away from those who are sick, making sure you're up to date on all vaccinations & always using condoms during any type of sex.

# Nabi #'s guidance about contagious disease & quarantine: -

#### About leprosy patient: -



1. Narrated from a man from Al Ash-Sharid, who was called Amr that his father said: "Among the delegation of Thaqif there was a man who suffered from leprosy. Nabi sent word to him saying: 'Go back, for I have accepted your pledge."

[Nasa'i: 4182; Book. 39; English vol. 5; Book. 39, Hadees. 4187]

# There is no contagious disease expects Allah's will: -

2. Narrated by Abdullah Bin Umar رحى الله عليها that Nabi ﷺ said: "There is neither A'dwa (لاَ عَدُولَ) (no contagious disease is conveyed to others without Allah's permission) nor Tiyara, but an evil omen may be in three, a woman, a house or an animal."

[Bukhari: 5753; Book. 76; English vol. 7; Book. 71; Hadees. 649]

3. Narrated by Abu Hurairah said that Nabi said: (There is) no 'Adwa (no contagious disease is conveyed without Allah's

permission) nor is there any bad omen (from birds), nor is there any Hamah, nor is there any bad omen in the month of Safar & one should run away from the leper (a person suffering from leprosy) as one runs away from a lion.

[Bukhari: 5707; Book. 76; English vol. 7; Book. 71; Hadees. 608]

#### List of contagious diseases: -

The list below is of contagious diseases, they may range from highly contagious to only mildly. & the duration varies as well. As the name implies, sexually transmitted diseases, or STDS, are contagious. They are transmitted human to human via some type of sexual contact. List of these infectious diseases include: -

HPV, crabs, herpes, syphilis, virginitis, hepatitis, HIV/AIDS, chancroi, gonorrhea, chlamydia, trichomoniasis, non-gonococcal urethritis, pelvic inflammatory diseases. All respiratory diseases, athlete's foot, bronchitis, chickenpox, cold sores, common cold, conjunctivitis (pink eye), coxsackievirus, crabs-group-cryptosporidiosis, diphtheria, encephalitis, epstein-barr virus, fifth disease flu (Influenza), fungal skin infections, giardiasis, hepatitis B, impetigo.

Also infectious mononucleosis, leprosy, leptospirosis, lice, malaria, measles, meningitis, meningococcemia molluscum, contagiosum mononucleosis, mumps, nail fungus, pertussis (whooping cough), plantar warts, poliomyelitis (polio), ringworm, roseola infantum, scabies, scarlet fever, shigellosis, smallpox, staph infection (MRSA), strep throat-swine, flu, syphilis, tetanus, tonsillitis, tuberculosis, virginitis, viral gastroenteritis, viral laryngitis, skin diseases & etc.

# Lesson no. 31 Treat all diseases, many diseases, 70 diseases, Best Medicine, best treatment & khair in treatment: -

#### INTRODUCTION

Diseases are disorder of structure or function in human, animal, or plant, especially one that produces specific symptoms or that affects a specific location & not due to direct physical injury. It is a pathological condition of a body part, an organ, or a body system resulting from various causes, such as infection, genetic defect, or environmental stress & characterized by an identifiable group of signs & symptoms resulting to disordered or incorrectly functioning organ, part, structure, or system of the body resulting from the effect of genetic or developmental errors, infection, poisons, nutritional deficiency or imbalance, toxicity, or unfavorable environmental factors; illness; sickness; ailment.

Islamic point of view is that we get infected with the Will of Allah Ta'ala alone & get cured by Allah's Will only, though Allah has ordered to use medicines & also it is Sunnah to use medicine, please read the first three lesson of part -1 of this book to learn about rules & principles of treatment. The medicines act as per Allah's Will only. Treatment includes uses of herbs, food, medicines, Dua & Ruqyah (spiritual treatment by reciting Quranic verses & Dua's of Nabi ...)



# Nabi &'s guidance about contagious & treatments: -

# Honey & wet cupping amongst the best & a khair & best treatments: -

1. Hazrat Jabir Bin Abdullah الله says that Nabi الله said that "Among your medicines, which have khair (غير) (cures) is wet cupping (الحجر) (blood-

letting) & a drink of Honey (شربة عسل) & cauterization, & said it (cauterization) is disliked by Me.

[Bukhari: 5683; Book. 76; English vol. 7; Book. 71; Hadees. 587]

- 2. Hazrat Ibn Abbas رضى الله عنبيا says that Nabi ﷺ said that there is Shifa (شفاء) (healing) in 3 things: -
  - A drink of Honey (شربةعسل),
  - س Cut of wet cupping (الحجامة),
  - Cauterization (کیهبناء) (It is burning therapy).

But Nabi 🍇 forbid cauterization (کیهبناء) to ummat (means dislike).

[Ibn Ma-jah: 3620; Book. 31; English vol. 4; Book. 31, Hadees. 3491]

3. Hazrat Ibn Abbas رضى says that Rasoolullah ﷺ said: Amongst the treatment you do, the best is to put medicine (دواء) in nose (السعوط), to put medicine (دواء) in one side of mouth (الليود), hijamah (الحجامة) (wet cupping) & walking (الهشى).

[Tirmizi: 2184; Book. 28; English vol. 4; Book. 2, Hadees. 2047]

(البشى) Walking here is considered as (peristalsis) movement of intestine by Imam Qayyim (ra) & senna is best to improve peristalsis & use as a laxative; please refer lesson no. 25 Senna in part-1. Also there are more Hadees in which it is advised to put medicine in nose.

Peristalsis is the involuntary constriction & relaxation of the muscles of the intestine or another canal, creating wave-like movements which push the contents of the canal forward.

4. Hazrat Abu Hurairah المجامة says that Rasoolullah المجامة said: There is cure for all diseases when Hijamah (المجامة) (wet cupping) is done on 17th or 19th or 21st" (of Islamic date).

[Abu Dawud: 3861; Book. 29; English Book. 28; Hadees. 3852]

5. Hazrat Abu Hurairah لله says that Nabi ه said: If there is anything excellent which can be used for treatment; it is Hijamah (الحجامة) (Wet Cupping).

[Ibn Majah: 3605; Book. 31; English vol. 4 Book. 31, Hadees. 3476]

6. Hazrat Abu Hurairah المعادة says that Nabi المعادة said: "Among the treatment you do, if anything has Khair (المحامة), it is wet cupping (المحامة).

[Abu Dawud: 3857; Book. 29; English Book. 28; Hadees. 3848]

#### Wet cupping (hijamah) & white costus are best treatments: -

7. Hazrat Anas المجامة Anas says that Rasoolullah (الحجامة) (wet cupping) & white costus (Qustul Bahri) (القسط البحرى) (said do not press the back of the throat of your children for Azrah (العربة) (a throat infection) but use Al-Qust.

[Bukhari: 5696; Book. 76; English vol. 7; Book. 71; Hadees. 599]

(It is a part of a long Hadees). Please refer lesson no. 24 Qust.

Wet Cupping (blood-letting) is Hijamah, a therapy in which blood is removed by vacuum method & it is Sunnah. (Refer Lesson no. 44 Hijamah).

#### Olive oil for 70 diseases: -

8. Hazrat Abu Hurairah الله says eat Zait (زيت) (Olive oil) & massage (with it) in it there is cure for 70 (سبعين) diseases, including Juzaam (الجنام) (leprosy) (kodh).

[Abu Nu-aim/Al Zait: 684]

# Cress, a cure for all diseases: -



9. Hazrat Abu Hurairah العناء said to Qais Ibn Rafi that Rasoolullah said: "You have Assafa (الغناء) (cress) present for you; Allah has put healing in it for every diseases

from leprosy. Nabi  $\ensuremath{\$}$  sent word to him saying: 'Go back, for I have accepted your pledge."

[Al Tibb Al-Nabawi (Al-Jawzi); page no. 640]

# Black Caraway (Kalonji) (Habbat Sauda'a) is cure for all diseases: -



10. Hazrat Abu Hurairah العبة says that Rasoolullah said: Black Caraway (الحبة السوداء) (Kalonji) has cure for all diseases except death & Habbat Al Sauda'a are Shuwniz. [Ibn Majah: 3573; Book. 31; English vol. 4 Book 31, Hadees. 3447]

11. Narrated by Usman Bin Abdul Malik that, he heard Salim Bin Abdullah هم narrating from his father, that Rasoolullah هم said: "You make yourself use Black Caraway (الحبة السوداء) regularly so that there is cure for all diseases in it except death".

[Ibn Majah: 3574; Book. 31; English vol. 4 Book 31, Hadees. 3448]

#### A preparation with Black Caraway (Kalonji) for sick person: -



12. Hazrat Khalid Ibn Saad الله says that I & Ghalib Ibn Jabar الله were travelling & Ghalib Ibn Jabar الله fell ill, Than we came Madinah, Ibn Abi Ateeq visited him, (because Ghalib Ibn Jabar was ill) Ibn Abi Ateeq was nephew of Hazrat A'isha وهى الله على & advice to use 5 or 7

seeds of Black Caraway (Kalonji) (الحبةالسوداء) crushed & mix in little olive oil (الحبةالسوداء) & put the preparation in both nostrils. Ibn Abi Ateeq says that he heard Hazrat A'isha رضى الله عنها saying that Rasoolullah ه said that Habbat Sauda'a (الحبةالسوداء) (black Caraway seed) has cure for every diseases except death & Hazrat Galib Ibn Jabar ه got well.

[Ibn Majah: 3575; Book. 31; English vol. 4; Book 31, Hadees. 3449]

# Sanna & Sannoot, cure for every diseases: -



13. Ibrahim Bin Ablah heard from Abu Bin Umme Haram رضى لله عنها that Rasoolullah ﷺ said that "For you Sanna (senna) (السنا) & Sannoot (السنوت) (Dill or else) is present, these have cure (شفاء) for all diseases except

(Saam) death, to this, he asked, to Rasoolullah ﷺ what is Saam (السام)? Rasoolullah ﷺ replied death (البوت).

[Ibn Majah: 3584; Book. 31; English vol. 4; Book. 31, Hadees. 3457]



14. Hazrat Abu Ayyub Ansari السنوت says that Rasoolullah & said Sanna (senna) (السنوت) & Sannoot (السنوت) (dill or else) are medicines (دواء) for all diseases.

[Kanz al-Ummal: 28270 & Baihaqi: 20065]

# Use Honey & Rain water for diseases: -

15. Hazrat Anas Bin Malik له says that Nabi له said: With your Halal (pure) (حلال) earnings, buy Honey (حسل) & use it (Honey) with Rain water, this will help in Shifa (شفاء) for all diseases.

[Kanz al-Ummal: 28176]

#### Cow Milk, a remedy for diseases: -

16. Hazrat Abdullah Bin Masood اللبي says that Rasoolullah ها said: Allah has created remedies for all diseases & drink cow milk (اللبي) because cow feeds herself by eating all types of grasses & plants.

[Kanz al-Ummal: 28212]

17. Hazrat Abi Abdullah Bin Masood اللين says that Rasoolullah said: Treat your diseases with cow milk (اللين) because Allah has kept Shifa (cure) in it, because cow feeds herself by all types of grasses & plants.

[Tabrani: 9788]

#### Cow Milk & its ghee the best medicine, but meat of it is disease: -

18. Hazrat Mulaika Bint Amr رضى الله عنها says that Rasoolullah ﷺ said: "There is cure in Cow milk, its ghee/butter is beneficial, but its meat is disease.

[Abu Nu-aim: 858]

19. Hazrat Abdullah Bin Masood الليم says that Nabi ه said: "For your benefit, cow milk (الليم) is present, its Milk (الليم) & Ghee are best medicine, but its meat has diseases".

[Abu Nu-aim: 858]

# Camel's milk & its benefits: -

20. Hazrat Tariq Bin Sahab الله says that Rasoolullah الله said: For you (she) camel's milk is very much helpful, she feeds herself with all types of grasses & plants, & there is cure for all diseases (شفاء من کل داء) in it".

[Jamiul Hadees vol. 14; page. 269]

# For the cure of any illness: -

21. Hazrat A'isha رخىالله عنها reported that when any person amongst us fell ill, Nabi & used to rub him with His Right Hand & then recited:

# أَذُهِبِ الْبَاسَ رَبَّ النَّاسِ وَاشُفِ أَنْتَ الشَّافِي لاَ شِفَاءَ إِلاَّ شِفَاوُكَ شِفَاوُكَ شِفَاءً لاَ يُغَادِرُ سَقَبًا

<u>Translation:</u> O Lord of the people, grant him health, heal him, for Thou art a Greet Healer. There is no healer, but with Thy healing Power one is healed & illness is removed.

[Muslim: 2191 A; Book. 39; English Book. 26; Hadees. 5432]

#### The best treatments: -

22. Hazrat A'isha رضى لله عنه narrated that during the Prophet \*s fatal illness, He \*s used to recite the Mu'auwidhat (Sura An-Naas & Sura Al-Falaq) & then blow His Breath over His Body. When His illness was aggravated, I used to recite those two Suras & blow my breath over Him \*s & make Him rub His Body with His Own Hand for its blessings." (Mamar asked Al Zuhri: How did Nabi \*s use to blow? Al Zuhri said: He \*s used to blow on His Hands & then passed them over His Face).

[Bukhari: 5735; Book. 76; English vol. 7; Book. 71; Hadees. 631]

 $Details\ given\ below\ are\ according\ to\ the\ Ulama\ \&\ Islamic\ Scholars\ \&\ not\ from\ Hadees.$ 

## **Quranic verses for restoration of health from every diseases: -**

<u>Translation:</u> And if Allah should touch you with adversity, there is no remover of it except Him. & if He touches you with good - then He is over all things competent."

[Surah Al-Anaam-6:17].

Recite the above verse of Chapter 6 (Surah) Al-Anaam verse no, 17 for 21 times every day after the prayer of Fajar & Asr)

Please refer Lesson no. 40 Milk, Lesson no. 44 Hijamah, Lesson no. 24 Qust, Lesson no. 25 Sanna in part-1 of this Book so that you understand the concept properly.

## Lesson no. 32 Preparations for sick:

#### INTRODUCTION

Preparations for sick consist of special herbs used according to the diseases cooked with a light meal & given to a sick person to eat, by this our food becomes our medicine & we will be free from side effects of the medicines, but you should know what to use in which disease.

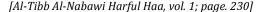
## Nabi &'s guidance about preparations for sick: -

#### Preparation for sick person: -



1. Once Hazrat Saad Bin Abi Waggas 🐞 fell ill in Makkah, Nabi 👺 visited him & asked to call a doctor, Al Haris Bin Kuladah was called, he came & examined Hazrat Saad & & said he is not serious & advised to take dates (khajur), barley (jaw) & boiled

fenu greek seeds in water (methi) & prepare broth (soup like gravy) than put honey on it & give to Hazrat Saad & at early morning, luke-warm. & Hazrat Saad & got well; Nabi & liked the preparation advised by Al Haris Bin Kuladah.





2. Hazrat Saad Bin Abi Waggas 🍇 says that he fell ill, he had chest pain, Rasoolullah & visited him & kept His Respected Palm on Hazrat Saad & 's chest, Hazrat Saad selt the soothing effect in his whole chest & Rasoolullah 🕾 prayed for him, & said that Sa'ad is

suffering from cardiac problem. & Rasoolullah & advised to take Hazrat to Haris Bin Kuladah (a hakim) & Rasoolullah & said the physician should give 7 Ajwah (عِوة) (dates) of Madinah (الهدينه) crushed, & with its seed grinded & put it in your mouth.

[Abu Dawud: 3875; Book. 29; English Book. 28; Hadees. 3866]

## List to maintain heart health: -

Eat More	Eat Less		
Healthy fats: raw nuts, olive oil, fish oils, flax seeds, or avocados	Trans fats from partially hydrogenated or deep-fried foods; saturated fats from fried food, fast food & snack foods		
Nutrients: colorful fruits & vegetables - fresh or frozen, prepared without butter	Packaged foods, especially those high in sodium & sugar		
Fiber: cereals, breads & pasta made from whole grains or legumes	White or egg breads, sugary cereals, refined pastas or rice		
Omega 3 & protein: fish & shellfish, poultry	Processed meat such as bacon, sausage & salami & fried chicken		
Calcium & protein: Eggs, skim or whole milk, cheeses or unsweetened yogurt	Yogurt with added sugar, processed cheese		

## Good Sources of Fiber: -

Good Sources of Fiber				
Food	Serving size	Fiber grams		
CEREALS				
Fiber One	1/2 cup	14		
All-Bran	1/2 cup	10		
Bran Flakes	1 cup	7		
Shredded Wheat	1 cup	6		
Oatmeal (cooked)	1 cup	4		

## **Good Sources of Fiber VEGETABLES** Spinach (cooked) 1 cup 4 1/2 cup Broccoli 3 1 medium 2 Carrots 2 **Brussels** sprouts 1/2 cup Green beans 2 1/2 cup **BAKED GOODS** Whole-wheat bread 1 slice 3 Bran muffin 1 2 1 slice 2 Rye bread Rice cakes 2 1 LEGUMES (cooked) Lentils 1/2 cup 8 Kidney beans 1/2 cup 6

Good Sources of Fiber				
Lima beans	1/2 cup	6		
Baked beans (canned)	1/2 cup	5		
Green peas	1/2 cup	4		
GRAINS (Cooked)				
Barley	1 cup	9		
Wheat bran, dry	1/4 cup	6		
Spaghetti, whole wheat	1 cup	4		
Brown rice	1 cup	4		
Bulger	1/2 cup	4		
FRUIT				
Pear (with skin)	1 medium	6		
Apple (with skin)	1 medium	4		
Strawberries (fresh)	1 cup	4		
Banana	1 medium	3		
Orange	1 medium	3		
DRIED FRUIT				
Prunes	6	12		
Apricots	5 halves	2		
Raisins	1/4 cup	2		

Good Sources of Fiber				
Dates	3	2		
Plums	3	2		
NUTS & SEEDS				
Peanuts, dry roasted	1/4 cup	3		
Walnuts	1/4 cup	2		
Popcorn*	1 cup	1		
Peanuts*	10	1		
Filberts, raw	10	1		
Choose no-salt or low-salt version of these foods				

**Diabetes Mellitus:** Insulin is secreted by the pancreas; in a diabetic patient it is inadequate to utilize the glucose in the blood. The glucose cannot be converted to energy & this leads to excessive blood sugar levels. This is dangerous as it can lead to serious complications. The first prescription a diabetologist gives is a food prescription. If it is strictly adhered to, in the early stages, there's no need to pop a pill.

#### Diabetes patients must: -

- Eat measured quantities of cereal foods.
- Eat at smaller intervals.
- Eat less carbohydrate & fatty foods.
- Avoid pure sugar forms like crystallised sugar, sweets & confectionery.
- *Eat plenty of high-fibre foods like vegetables & sprouted legumes.*
- Eat moderate amounts of citrus fruits & other low sweet fruits like papaya, guava, melon, pear & apple.

Hypertension (High blood pressure): Hypertension merely means high blood pressure. The diet below is for the primary hypertension patients, whose high blood pressure is caused by unknown or hereditary causes. (Secondary hypertension patients must follow the diet as per their actual disease.) As a general rule, all hypertension patients must keep their blood pressure under control with proper medicines & follow right diet.

#### A hypertensive individual must: -

- Reduce salt in the usual foods
- Avoid high sodium foods like pickles, pappads, chips ,fried items & processed foods containing Mono Sodium Glutamate
- Never reach out for the salt sprinkler
- Never put on excessive weight
- Eat plenty of fruits & vegetables
- Exercise mildly but regularly

<u>Ulcer:</u> This is tummy trouble. The inner walls of the stomach (as in gastric ulcer) or the duodenum (as in duodenal ulcer) are broken resulting in inflammation. This painful condition requires careful monitoring of the food ingested. Intake of the wrong food can cause serious aggravation of the problem.

#### **Ulcer patients must: -**

- Eat high protein food as protein helps in faster healing of the ulcer.
- Eat food in small quantities & at small intervals. A heavy stomach can be very uncomfortable.
- Eat food that is soft in texture & taste. Plenty of milk, eggs, soft boiled cereals, porridges, mashed potatoes can be taken with little sugar or salt.
- Avoid green chillies, red chillies & pepper. Keep all types of spices & condiments at bay until complete cure.

## **Kidney Diseases:** -They can be classified into 3 types.

- 1. Acute Renal Failure: In this condition, the kidneys are unable to excrete the protein (breakdown products). Hence the diet has to be low in protein, of high biological value with adequate calories to prevent energy utilization from tissue proteins. The fluid & electrolytes like sodium & potassium must be taken in measured amounts, according to the guidance of the dietician.
- **2.** Chronic Renal Failure: This condition too requires diet to be advised to individual needs. The intake has to be periodically adjusted depending on the biochemical test readings.

## A patient must follow these rules regarding diet: -

- Take adequate quantities of energy foods.
- Do not take excessive quantities of water, sodium & potassium that are excreted through kidneys.
- Monitor the ability of the kidneys to excrete the nitrogenous wastes & salts. Take a low protein diet depending on that.
- A dose of multivitamin is helpful.

3. Nephrotic Syndrome: The principal features of this condition are loss of albumin in urine, decrease in plasma albumin & marked oedema.

#### A patient must: -

- Compensate the urinary loss of albumin through a high protein diet.
- Counteract the oedema through restricted sodium intake.

*Heart Diseases:* In disorders of the heart & circulatory system, prepare the diet with the following rules in mind: -

- Reduce the energy value of the diet, if the patient is overweight.
- Restrict the sodium intake if oedema is present.
- When serum lipids are raised, reduce intake of saturated fats & cholesterol

High blood cholesterol is usually associated with increased incidence of coronary diseases. Cholesterol is found only in fats obtained from animal sources such as egg yolks, milk, cheese, cream, butter, shell fish, brain, kidneys etc.

## To control dietary cholesterol: -

- Limit egg yolk intake. However, you can eat egg white.
- Substitute skimmed milk for whole milk.
- Substitute vegetable fats for animal fats.

**Obesity:** Are you obese? Sneak a peek at the height-weight table. If you are 110 - 120 percent of the ideal body weight or more, then oops, you are obese! & you have problems piling at your doorstep. You are liable to develop diabetes, cardiovascular disorders, gall stones, varicose veins, abdominal hernia, flat feet, osteoarthritis of the spine, hips & knees (Phew! Isn't it enough?)

Thousands of books have been written on the subject of slimming. But let's take basics one: -

- Do not change your diet in a dramatic way. Conform to the basic food vou are used to.
- Reduce the energy value of the diet.
- Eat sufficient quantities of protein, vitamins & minerals.
- Eat more of bulky, non starchy foods.
- Do not eat much of sugar, jam, sweets, chocolates, cakes, soft drinks, ice creams, fried foods, canned food, dried fruits & alcohol.
- Help yourself to low calorie foods non thickened soups, skimmed milk, china grass jelly, roasted pappads etc.
- Exercise regularly. It must go hand in hand with dieting. There is no substitute for it.

**Angemia (low haemoglobin):** If you have anaemia. Millions in the world suffer from it. Anaemia is caused when the normal synthesis of red blood corpuscles are disturbed, the common reasons are deficiency of either iron, Vitamin B12, folic acid or ascorbic acid (Vitamin C) all or any two or anyone of them.

#### Add on the following foods to overcome the deficiency: -

- *Iron can be derived from green & leafy vegetables (spinach / paalak),* lentils, dates, figs, raisins, whole wheat, jaggery, egg yolk & red meat.
- Vitamin B12 is found in muscle meat, fish, cheese, eggs & milk.
- Folic acid is found largely in green leafy vegetables.
- Ascorbic also known as Vitamin C is principally found in fresh fruits & vegetables. All citrus fruits are a rich source, but our locally found Amla (Nellikkai) is said to be the the best source of vitamin C.





**Liver Disorders:** - Liver is the largest organ with complex functions like protein metabolism, carbohydrate storage & detoxification of some poisons, alcohol metabolism & production of bile. Liver injury is caused by infective agents like acute infective hepatitis or toxic substances like carbon tetrachloride, chloroform & certain drugs. The condition is marked by increased concentration of bile pigment - bilirubin - in blood. This is observed as yellow pigmentation (jaundice). Vomiting, nausea & loss of appetite are significant features of this condition.

**Diet:** - You can take carbohydrates in the form of fruit juices apart from intravenous glucose, if fluids are tolerated. Food can be later altered to suit your taste. Avoid heavy, spicy food, milk products, oily, fats, stored food, canned food, packed food stuffs, however protein rich food like gram, soy beans, glucose (because it helps & to improve the liver functions) can be eaten.

*Hepatic Cirrhosis: -* This is the chronic condition resulting from various forms of liver damage, especially in association with alcoholism.

#### Diet: -

- Eat a balanced diet adequate in all nutrients.
- Take sufficient quantity of protein.
- Appetite is fickle. Monitor diet on daily basis, to maintain a highprotein, high-energy intake.
- Cirrhosis may be associated with accumulation of fluid in peritoneal cavity. In such an event, restrict the salt intake.

Porto-Systemic Encephalopathy: - Some patients develop signs of impaired functions of the nervous system. It is found that nitrogencontaining material in the intestine plays an important part in precipitating the condition. Hence high energy & a reduced protein diet are recommended.

**Cholecystitis:** - This is the inflammation of gall bladder, mostly associated with gallstones & accompanied by obesity. It is more common among women than men.

Acute Cholecystitis: If you are suffering from acute cholecystitis, remember to: -

- *Drink plenty of water, glucose & fruit drinks.*
- Take a low fat diet. (The presence of fat in the duodenum stimulates gall bladder contraction. A low fat diet is appropriate to keep contraction of gall bladder to the minimum, during the period of acute inflammation).

**Chronic Cholecystitis:** - In this case, if surgery is not advised, a suitable long-term regimen is required. For chronic cholecystitis, we must have a normal fat intake. This helps to counteract stones of the gall bladder, promotes drainage of the biliary system & helps to prevent formation of gallstones. Fats of milk, butter & eggs are usually well tolerated. Avoid vegetables & fruits causing flatulence (the accumulation of gas in the alimentary canal).

## Lesson no. 33 Constipation: -

#### INTRODUCTION

Constipation is a condition in which there is difficulty in emptying the bowels (intestines), usually associated with hardened faeces. It is a (Pathology) infrequent or difficult evacuation of the bowels, with hard faeces, caused by functional or organic disorders or improper diet. Common causes are insufficient dietary fiber intake, inadequate fluid intake & decreased physical activity, side effects of medications, hypothyroidism & obstruction by colorectal cancer.

## Nabi &'s guidance about constipation: -

#### Sanna a best laxative: -

1. Hazrat Asma Bint Umair رضى الله عنها says that Rasoolullah ﷺ asked her: "What do you use as a laxative (تستهشين), she replied "Shabram" (الشبرم), she said: (spruge). Rasoolullah ﷺ said it is hot & powerful. (مار، حار), she said: Then I used Sanna (senna) (السنا) as a laxative (تستهشين). & she said that Rasoolullah ﷺ said: "If there would be cure (الموت) it would be Sanna (Senna) (السنا).

[Tirmizi: 2225; Book. 28; English vol. 4; Book. 2, Hadees. 2081]

#### Best treatment: -

- 2. Hazrat Ibn Abbas رضىالله says that Rasoolullah ﷺ said: "Amongst the treatment you do, the best is:
  - a) to put medicine (دواء) in nose (السعوط),
  - b) to put medicine (دواء) in one side of mouth (اللدود),
  - c) Hijamah (الحجامة) (wet cupping)
  - d) Walking (laxatives) (الهشي).

[Tirmizi: 2184; Book. 28, English vol. 4; Book. 2, Hadees. 2047]

Walking here is considered as movement of intestines by Imam Qayyim (ra) & senna increases the movement of intestines & best for constipation. (Movement of intestines is called as Peristalsis movement in medical terms).

Please read lesson no. 25 Sanna in part -1 so that you will learn all about it & its benefits.

#### Diet Plan for Constinuted Person: -

The most effective way to treat constipation is by following diet for constipation. This is usually a high fiber diet. Normal stool patterns are different for different people, but if you have not been able to pass stools for several days & have been experiencing pain & discomfort, it means you have constipation. Normal stools should not be painful & should definitely not be difficult to pass. While there are medical treatments available for constipation, most doctors recommend consuming a healthy diet, rich in foods to combat constipation. Some of the best foods for constipation include raw fruits & vegetables that are high in both soluble & insoluble fibers.

Insoluble fiber adds bulk to the food so that stools are relatively easier to pass. Usually the harder a vegetable is, the more fiber it tends to have. Green leafy vegetables have the most rough-age & are very healthy. In addition to considering the foods that you consume, also consider the amount of fluids you consume throughout the day. Drink plenty of water & other beverages such as juices. This will help soften the stools so that they are easier to pass through the intestines.

#### Foods to Eat: -

Coconut: - It is considered an excellent remedy for constipation. Coconut milk & coconut water are also considered great food for constipation. Adding butter to your diet may also help soften the stools but avoid consuming too much of fats as that can only worsen the condition. Avoid refined foods when constipated.

Cottage Cheese: It can also be used as a natural stool softener, but avoid any other milk & dairy products as these can cause other digestion problems.

**Breakfast:** Start the day with a bowl of fruits or salads. You can also have a sandwich with salads in them. A corn & spinach sandwich with cream cheese is ideal for a healthy & fibrous breakfast. Have a pineapple or an apple along with some orange juice. You can also choose to consume a bowl of high fiber cereal instead of the sandwich.

Mid-day Meal: Have a glass of prune juice along with an orange or any other fibrous fruit. Prune juice can soften vour stools & help relieve constipation. The fibers from the fruits add bulk to your stools & allow your body to excrete them easily.

**Lunch:** Whole grain breads with mashed potatoes, a chicken breast & a bowl of salad & vegetables is a healthy & fiber rich meal. Include a portion of cottage cheese. You can also have a turkey sandwich with whole wheat bread & cottage cheese with a bowl of salad.

**Dinner:** Have a large bowl of tossed salad with lots of lettuce, croutons, apples, prunes, carrots, peas & beans. You can also add celery or asparagus in the mix as that can help add to the fiber content of the salad. You can have a slice of whole grain or multi-grain bread along with your salad. Avoid gravies.

### Lesson no. 34 Lice:



#### INTRODUCTION

The head lice are tiny, wingless parasitic insect that lives among human hairs & feeds on tiny amounts of blood drawn from the scalp. Lice (the plural of louse) are a very common problem, especially for kids. They're contagious, annoying & sometimes tough to get rid of. Lice aren't dangerous. They don't spread disease, although their bites can make a child's scalp itchy & irritated & scratching can lead to infection. It's best to treat head lice quickly once they're found because they can spread easily from person to person.

## Signs of Head Lice: -

Although they're very small, lice can be seen by the naked eye. Here are things to look for. *Lice eggs (called nits)*. These look like tiny yellow, tan, or brown dots before they hatch. Lice lay nits on hair shafts close to the scalp, where the temperature is perfect for keeping warm until they

hatch. Nits look sort of like dandruff, only they can't be removed by brushing or shaking them off.

Unless the infestation is heavy, it's more common to see nits in a child's hair than it is to see live lice crawling on the scalp. Lice eggs hatch within 1 to 2 weeks after they're laid. After hatching, the remaining shell looks white or clear & stays firmly attached to the hair shaft. This is when it's easiest to spot them, as the hair is growing longer & the egg shell is moving away from the scalp.

**Adult lice & nymphs (baby lice):** The adult louse (singular of lice) is no bigger than a sesame seed & is grayish-white or tan. Nymphs (baby lice) are smaller & become adult lice about 1 to 2 weeks after they hatch. If head lice are not treated, this process repeats itself about every 3 weeks. Most lice feed on blood several times a day & they can survive up to 2 days off the scalp.

**Scratching:** Due to lice bites can cause itching. This is actually due to a reaction to the saliva of lice. However, the itching may not always start right away - that depends on how sensitive a child's skin is to the lice. It can sometimes take weeks for kids with lice to start scratching. They may complain of things moving around on or tickling their heads & small red bumps or sores from scratching results.

For some kids, the irritation is mild; for others, a more bothersome rash may develop. Excessive scratching can lead to bacterial infection (this can cause swollen lymph glands & red, tender skin that might have crusting & oozing). This should be treated with antibiotics.

You may be able to see the lice or nits by parting the hairs into small sections & checking for lice & nits with a fine-tooth comb on the scalp, behind the ears & around the nape of the neck (it's rare for them to be found on eyelashes or eyebrows).

A magnifying glass & bright light may help. But it can be tough to find a nymph or adult louse - often, there aren't many of them & they move fast.

See your doctor if your child is constantly scratching his or her head or complains of an itchy scalp that won't go away. The doctor should be able to tell you if your child is infested with lice & needs to be treated. Not all kids have the classic symptoms of head lice & some can be symptom-free.

Also be sure to check with your child's school nurse or childcare center director to see if other kids have recently been treated for lice. If you discover that your child does, indeed, have lice or nits, contact the staff at the school & childcare center to let them know. Find out what their return policy is. Most usually allow kids to return after one topical treatment has been completed.

Lice are highly contagious & can spread quickly from person to person, especially in group sittings (like schools, childcare centers, slumber parties, sports activities & camps).

## Nabi &'s guidance about lice problem: -

#### Suffering from lice problem: -

1. Narrated by Kaab Bin Umra 🐞 (he was in Ihram) that Nabi 🕸 stood beside me at Al-Hudaibiya & the lice were falling from my head in great number. He & asked me: "Have your lice troubled you?" I replied in the affirmative. He & ordered me to get my head shaved. Kaab 🛦 added: "This Holy Verse: 'And if any of you is ill, or has ailment in his scalp (2:196), etc. was revealed regarding me. Than Nabi & ordered me either to fast three days, or to feed six poor persons with one Faraq (three Sas) (of dates), or to slaughter a sheep, etc. (sacrifice) whatever was available.

[Bukhari: 1815, 4191; Book. 27, 64; English vol. 3, 5; Book. 28, 59; Hadees. 42, 504]

## Permission to wear silk during lice problem: -

2. Narrated by Anas 🐞 that Abdur Rahman Bin Auf & Zubair 🞄 complained to Nabi & about the lice (that caused itching) so He & allowed them to wear silken clothes. I saw them wearing such clothes in a holy battle.

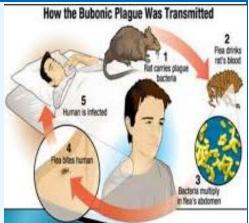
[Bukhari: 2920; Book. 56; English vol. 4; Book. 52; Hadees. 169]

## Treatment & prevention: -

Wet combing, ketoconazole shampoo or soap, permethrin soap, tea tree oil, jujube oil, baby oil, olive oil, salt, garlic, white vinegar, coconut oil, petroleum jelly, sesame oil, mayonnaise etc.

## Lesson no. 35 During Plague infection (الطَّاعُونُ): -





#### INTRODUCTION

Plague is caused by the bacteria *Yersinia pestis*. Rodents, such as rats, carry the disease. It is spread by their fleas. People can get the plague when they are bitten by a flea that carries the plague bacteria from an infected rodent. In rare cases, you may get the disease when handling an infected animal.

A plague lung infection called as pneumonic plague can spread from human to human. When someone with pneumonic plague coughs, tiny droplets carrying the bacteria move through the air. Anyone who breathes in these particles may catch the disease. An epidemic may be started this way.

**The three most common forms of plague are:** Bubonic plague - an infection of the lymph nodes, pneumonic plague is infection of the lungs; Septicemic plague is an infection of the blood

The time between being infected & developing symptoms is typically 2 to 7 days, but may be as short as 1 day for pneumonic plague.

Risk factors for plague include a recent flea bite & exposure to rodents, especially rabbits, squirrels, or prairie dogs, or scratches or bites from infected domestic cats.

The plague is mentioned in Hadees as Ta'aoon (الطَّاعُونُ) & it is a type of disease in animals, it is widely spread contagious diseases,

It is caused by Yersinia pestis, it is a small gram negative organism, which infects the rodents (large rats) & fleas, & by them it spreads among human, in an endemic form. It is also called as Black Death.

It mostly affects the lymph nodes, & called as Bubonic plague (lymph nodes are present throughout the body, but lymph nodes of groin get infected the most & called Bubonic plague, also axilla (under arm) has no other glands than lymph nodes (glands).

## Nabi &'s guidance about Plague: -

## Avoid entering in a place where plague is spread but if it is spread where you live do not leave the place: -

1. Narrated by Saud 🕸 that Nabi 🕮 said: "If you hear of an outbreak of plague in a land, do not enter it; but if the plague breaks out in a place while you are in it, do not leave that place."

[Bukhari: 5728; Book. 76; English vol. 7; Book. 71; Hadees. 624]

#### Plague a punishment: -

2. Narrated by Amir Bin Saad Bin Abi Waqqas 🐗 that he heard Usama Bin Zaid speaking to Saad, saying: That Nabi & mentioned the plague & said: It is a means of punishment with which some nations were punished & some of it has remained & it appears now & then. So, whoever hears that there is an outbreak of plague in some land, he should not go to that land & if the plague breaks out in the land where one is already present, one should not run away from that land, escaping from the plague.

[Bukhari: 6974; Book. 90; English vol. 9; Book. 86; Hadees no. 104]

Plague a punishment to a group of Israelis: -

3. Narrated by Usama Bin Zaid & that Nabi & said: Plague was a means of torture sent on a group of Israelis (or on some people before you). So if you hear of its spread in a land, don't approach it & if a plague should appear in a land where you are present, then don't leave that land in order to run away from it (i.e. plague).

[Bukhari: 3473; Book. 60; English vol. 4; Book. 55; Hadees. 679]

4. Narrated by A'isha رضى الله على that she asked Nabi ه about plague & Nabi ه informed her saying: Plague was a punishment which Allah used to send on whom He wished, but Allah made it a blessing for the believers. None (among the believers) remains patience in a land in which plague has broken out & considers that nothing will befall him except what Allah has ordained for him, but that Allah will grant him a reward similar to that of a martyr.

[Bukhari: 5734; Book. 76; English vol. 7; Book. 71; Hadees. 630]

### If died due to plague is martyrdom (Shaheed): -

5. Narrated by Anas Bin Malik القاءُونُ شهادةٌ لكلِّ مُسْلِم (الطَّاعُونُ شهادةٌ لكلِّ مُسْلِم) (who dies because of it).

[Bukhari: 2830; Book. 56; English vol. 4; Book. 52; Hadees. 83]

6. Narrated by Abu Hurairah & that Nabi & said: He (a Muslim) who dies of an abdominal disease is a martyr & he who dies of plague is a martyr.

[Bukhari: 5733; Book. 76; English vol. 7; Book. 71; Hadees. 629]

7. Abu Hurairah anarrated that Nabi said: The martyrs are five: Those who die of the plague, stomach illness, drowning, being crushed the martyr in the cause of Allah.

[Tirmizi: 1063; Book. 10, English vol. 2; Book. 5, Hadees. 1063]

8. Narrated by Safwan Bin Umayyah & said: The plagues, abdominal illness, drowning & dying in childbirth are martyrdom. (One of the narrators) said: Abu Usman & narrated this to us several times & on one occasion he attributed it to Nabi ...

[Nasa'i: 2054; Book. 21; English vol. 3; Book. 21, Hadees. 2056]

## Plague will occur in Madinah: -

9. Narrated by Abu Hurairah that Nabi & said: Neither Messiah (Dajjal) nor plague will enter Madinah.

[Bukhari: 5731; Book. 76; English vol. 7; Book. 71; Hadees. 627]

## Lymph nodes swelling in plague: -

10. Hazrat A'isha رضى الله عنها narrates that she asked Nabi 🕮 about the plague & Nabi ﷺ كُغُتَّاةً كُغُتَّاةِ البَعيرِ يَخُرُجُ فى المِرَاقِّ والإِبْط) A glague & Nabi is similar to the camel's gland & which appears in the tender parts of the abdomen & under the arms".

[Zaad Al Ma'aad: 4/38, & Musnad Ahmed: 6/145]

### About plague & stars (Najm): -

11. It was reported in Hadees: (إِذَا طَلِعَ النَّبُّجُمُ ارُ تَفَعَت الْعَاهَةُ عن كلِّ بَلَبٍ) When the Najm (literally: star) appears, every epidemic is removed from every land. (Najm is said to mean the star or the plants that appear in spring).

[Musnad Ahmed: 9027, & Tabrani: 1305]

#### Treatment: -

People with the plague need immediate treatment. If treatment is not received within 24 hours of when the first symptoms occur, death may occur. Antibiotics such as streptomycin, gentamicin, doxycycline, or ciprofloxacin are used to treat plague. Oxygen, intravenous fluids & respiratory support usually are also needed.

Patients with pneumonic plague should be strictly isolated from caregivers & other patients. People who are in contact with anyone infected by pneumonic plague should be watched carefully & given antibiotics as a preventive measure.

## **Lesson no. 36 Treating Lesions with surgery:**





#### **INTRODUCTION**

Surgery is an ancient medical specialty that uses operative manual & instrumental techniques on a patient to investigate or to treat a pathological condition.

The term "lesion" in a broad meaning word in medical field, here it can be taken as abscess, boils, furunculosis, carbuncles, tumors & etc which get infected with pus collection or putrefaction.

#### Prophet #'s Guidance in treating tumors & abscesses with surgery: -

1. Hazrat Abu Hurairah 👺 says that Nabi 👺 ordered a doctor to incise an abscess on the abdomen of a man. Nabi & was asked, "Does medicine help, Oh! Nabi &, Nabi & replied: "He (SWT) Who Has Sent down the disease. Has also sent down whatever He Wills of the Cure".

[Al-Jaamus Sagir: 1688]

#### Lesson no. 37 Cauterization:





## INTRODUCTION

medical practice or technique of cauterization (cautery) is the burning of part of a body to remove or close off a part of it, which destroys some tissue in an attempt to mitigate bleeding & damage, remove an undesired growth, or minimize other potential medical harm, such as infections when antibiotics are unavailable. The practice was once widespread for treatment of wounds. Its utility before the advent of antibiotics was said to be effective at more than one level: To stop severe blood-loss & to prevent exsanguinations & to close amputations.

Cautery was historically believed to prevent infection, but current research shows that cautery actually increases the risk for infection by causing more tissue damage & providing a more hospitable environment for bacterial growth. Actual cautery refers to the metal device, generally heated to a dull red glow that a physician applies to produce blisters, to stop bleeding of a blood vessel & for other similar purposes. The main forms of cauterization used today in the world are electrocautery & chemical cautery - both are, for example, prevalent in the removal of unsightly warts. Cautery can also mean the branding of a human, either recreational or forced.

Prophet 5's guidance regarding cauterization & puncturing of the veins: -

#### Cauterization not liked by Nabi : -

1. Narrated by Jabir 🐗 that Nabi 🐉 said: "If there is any healing in your medicines then it is wet cupping (hijamah), (cauterization), but I do not like to be (cauterized) branded."

[Bukhari: 5704; Book. 76; English vol. 7; Book. 71; Hadees. 605]

#### Cauterization forbidden: -

2. Narrated by Ibn Abbas رخى الله عنبيا that Nabi 🎄 said: Healing is in three things: A gulp of honey, cupping & branding with fire (cauterizing). But I forbid my followers to use (cauterization) branding with fire.

[Bukhari: 5680; Book. 76; English vol. 7; Book. 71; Hadees. 584]

#### Cauterization done: -

3. Hazrat Jabir 💩 says that "Ubayy Bin Kaab fell sick & Nabi 🐉 sent a doctor to him who cauterized him on his medical arm vein."

[Ibn Majah: 3622; Book. 31; English vol. 4; Book. 31, Hadees. 3493]

4. Narrated by Jabir Bin Abdullah 🐞 that Nabi 🗯 cauterized Saad Bin Mu'adh 🐗 on his medial arm vein, twice.

[Ibn Majah: 3623; Book. 31; English vol. 4; Book. 31, Hadees. 3494]

5. Jabir 🐞 said that Nabi 🕸 cauterized Saad Bin Mu'adh 🐗 from the wound of an arrow.

[Abu Dawud: 3866; Book. 29; English Book. 28; Hadees. 3857]

6. Hazrat Anas Bin Malik 🕸 says that he was once cauterized because he was complaining from pleurisy while Nabi & was still alive. Abu Talha, Anas Bin An-Nadr & Zaid Bin Thabit witnessed that & it was Abu Talha who branded (cauterized) me.

[Bukhari: 5719, 5720, 5721; Book. 76; English vol. 7; Book. 71; Hadees. 617]

7. Hazrat Anas 🐟 says that "Our beloved Nabi 🐉 cauterized Asad Bin Zurarah when he suffered from a septic finger.

[Tirmizi: 2188; Book. 28; English vol. 4; Book 2, Hadees. 2050]

## No advantage received in cauterization: -

8. Narrated by Imran Bin Husain 🐇 that Nabi 🎄 has disallowed cauterizing, but we were tested (i.e. with various ailments) & we did had cauterization, so we neither were successful nor did we acquire an advantage.

[Tirmizi: 2186; Book. 28; English vol. 4; Book 2, Hadees. 2049]

#### Avoid doing cauterization: -

9. There is a Hadees narrated in Sahihain about the seventy thousand Muslims who will enter Paradise without (hisaab kitaab) reckoning, describing them as: "There are those who will not seek formulas (Rugyah); nor cauterization, neither are they superstitious & they depend on their Lord for each & everything".

[Bukhari: 5752; Book. 76; English vol. 7; Book. 71; Hadees. 648]

#### Conclusion: -

Cauterization should be only done in worst & very much needed cases, such as when a hand or leg is amputated. As for prohibiting cauterizing, it might be specifically directed at whoever was seeking a cure with it (not to close an open wound). In early times, people used to superstitiously believe that whoever did not have cauterization would certainly die & that is why our beloved Nabi & disallowed.

Ibn Qutaybah says that cauterizing is of two types. The first type entails a healthy person using cauterization to fend off illness & it is this type that is referred to by the statement. Whoever reverts to cauterizing would not have practiced Tawakkul (depending on Allah); as such people seek to fend off whatever is destiny for them in the future. The second type entails cauterizing infected wounds & amputated limbs & cauterization is effective in such a condition. As for the type of cauterization that might or might not work, it is apparently disliked.

In short, the subject of cauterization fall under four categories, practicing it, disliking it, praising those who do not revert to it & disallowing it. There is no contradiction between these categories. When Nabi & had himself cauterized someone, it indicates that practicing it is allowed. Furthermore, our beloved Nabi & disliking cauterization for his Ummah does not indicate that it is prohibited. Nabi & praising those who avoid cauterization, tells that avoiding it is better. Finally, disallowing cauterization can be explained in general as "either cauterization is disliked, or that it is directed at those who revert to fend off a dangerous illness (as the last option left)". Allah knows the best.

#### Lesson no. 38 Disasters & Calamities:









#### INTRODUCTION

A natural disaster is a major adverse event resulting from natural processes of the Earth; examples include floods, volcanic eruptions, earthquakes, tsunamis & other geologic processes. A natural disaster can cause loss of life or property damages & typically leaves some economic damages in its wake, the severity of which depends on the affected population's resilience, or ability to recover. An adverse event will not rise to the level of a disaster if it occurs in an area without vulnerable population.

## Allah Ta'ala savs: -

وَبَشِّرِ الصَّابِرِينَ الَّذِينَ إِذَا أَصَابَتُهُمْ مُصِيبَةٌ قَالُوا إِنَّا يلَّهِ وَإِنَّا ۗ إِلَيْهِ رَاجِعُونَ أُولَئِكَ عَلَيْهِمْ صَلَوَاتٌ مِنْ رَبِّهِمْ وَرَحْمَةٌ وَأُولِئِكَ هُمْ الْمُهْتَدُونَ

Translation: But give glad tidings to Sabireen (the patient). Who, when afflicted with calamity, say: Truly, to Allah we belong & truly, to Him we shall return. They are those on whom are the Salawaat (i.e. who are blessed & will be forgiven) from their Lord & (they are those who) receive His Mercy & it is they who are the guided ones. [Surah Bagarh: 155-157]

#### Prophet s's guidance on treating disasters & calamities: -

## Keep patience during calamity: -

1. Narrated by Anas & that Nabi & said: The real patience is at the first stroke of a calamity.

[Bukhari: 1302; Book. 23; English vol. 2; Book. 23; Hadees. 389]

## Benefits of keeping patience during calamity: -

2. Umme Salma رضىالله عنها, (wife of Nabi ﷺ) reported that Nabi ﷺ said: If any servant (of Allah) who suffers a calamity says:

Translation: We belong to Allah & to Him shall we return; O Allah, reward me for my affliction & give me something better than it in exchange for it.

Allah will give him reward for affliction & would give him something better than it in exchange. She said: When Abu Salma died. I uttered (these very words) as I was commanded (to do) by Nabi 36; So Allah gave me better in exchange than him. i. e. (I was taken as the wife of) Nabi 38.

[Muslim: 918 B; Book. 11; English Book. 4; Hadees. 2000]

## Great reward in a great trial: -

3. Narrated by Anas Bin Malik 💩 that Nabi 🐉 said: The greatest reward comes with the greatest trial. When Allah loves people He tests them. Whoever accepts that wins His pleasure but whoever is discontent with that earns His wrath.

[Ibn Majah: 4031; Book. 36; English vol. 5; Book. 36, Hadees. 4031]

## Looking to rewards of patience, people will wish-their skin could have sliced:

4. Narrated by Jabir stat Nabi said: On the Day of (Oiyamah), some people will wish that their skins would have sliced with scissors in the life of this world because of the reward that they (will see) witness the people who endured disasters would receive for being patience.

[Tirmizi: 2402; Book. 36, English vol. 4; Book. 10, Hadees 2402]

## Patience with Faith will be rewarded: -

5. Ash'as Bin Qays said: Observe patience with Faith & await the reward from Allah Alone. Otherwise, you will he bowed to forget just as the animals do.

[Al Tibb Al Nabawi & by Imam Ibn Qayyim Al-Jauziyah 4/173]

## Lesson no. 39 Encouraging & visiting the sick & Dua to recite: -





## Prophet &'s Guidance on treating the sick:

#### Reward to visit a sick: -

1. Narrated by Abu Hurairah 🐟 that Nabi 🕮 said: Whoever visits a sick person, a caller calls from heaven: May you be happy, may your walking be blessed & you occupy a dignified position in Paradise.

[Ibn Majah: 1510; Book. 6; English vol. 1; Book. 6, Hadees. 1443]

## Visiting a sick is like you are in fruit garden of Paradise: -

2. Abu Rabi 🎄 reported directly from Nabi 🐉 that the one who visits the sick is in fact like one who is in the fruit garden of Paradise so long as he does not return.

[Muslim: 2568 A; Book. 45; English Book. 32; Hadees. 6227]

## Utter good words when you visit a sick or a dying person: -

3. Narrated by Umme Salmah رضى الله عنها that Nabi ﷺ said: when you visit one who is sick or dying, say good things, for the angels say: Amin to whatever you say.

> [Ibn Majah: 1514; Book. 6; English vol. 1; Book. 6, Hadees. 1447] (It is a part of a long Hadees).

#### 7 things to be done: -

4. Al-Bara Bin Aazib 🐟 says that Nabi 🕸 commanded us to do seven things: He & commanded us to attend funerals, visit the sick, to reply say: يرحمك الله may Allah have mercy on you to one who sneezes, to accept invitations, to support the oppressed, to fulfill oaths (when adjured by another) & to return greetings of Salaam.

[Nasa'i: 3778; Book. 35; English vol. 4; Book. 35, Hadees. 3809]

#### Ask the sick for what he wants & give him that he wishes for: -

5. Narrated by Ibn Abbas رضى لله عنبيا that Nabi الله visited a sick man & asked to him: What do you desire? He answered: I want wheat bread. Nabi الله said: Whoever has wheat bread, let him send it to his brother & said: When a sick person among you desires something, give him.

[Ibn Majah: 3566; Book. 31; English vol. 4; Book. 31, Hadees. 3440]

6. Narrated by Anas Bin Malik & that Nabi & visited a sick person & said: Do you want anything? Do you want cake? He said: Yes. So they looked for some for him.

[Ibn Majah: 3567; Book. 31; English vol. 4; Book. 31, Hadees. 3441]

#### One should not wish for death: -

7. Narrated by Harithah Bin Mudarrib \*: We came to Khabbab to visit him (when he was sick) & he said: I have been sick for a long time & were it not that I heard Nabi \* say: Do not wish for death, I would have wished for it. & said: A person will be rewarded for all his spending, except for (what he spends) on dust, or he said: on building.

[Ibn Majah: 4302; Book. 37; English vol. 5; Book. 37, Hadees. 4163]

#### Say the following to sick: -

8. Narrated by Ibn Abbas رضى الله عنها that Nabi ﷺ went to visit a sick bedouin. Whenever Nabi ﷺ went to a patient, He used to say to Him وَاللَّهُ عَلَاهُ وَاللَّهُ اللَّهُ وَاللَّهُ اللَّهُ اللّهُ اللَّهُ اللَّاللَّهُ اللَّهُ اللّهُ اللَّهُ اللّهُ ال

[Bukhari: 5656; Book. 75; English vol. 7; Book. 70; Hadees. 560]

9. Narrated by Abu Saeed Al-Khudri that Nabi said: When you visit the ill, then assure him regarding his lifespan, indeed that will not repel anything; but it will comfort his soul.

[Tirmizi: 2231; Book. 28; English vol. 4; Book. 2, Hadees. 2087]

## Pouring ablution (wazoo) water on unconscious person: -

10. Ibn Al-Munkadir & says that "I heard Jabir say: 'I fell sick & Nabi & & Abu Bakr & came to visit me. They found me unconscious, so Nabi & performed Wazoo & poured His Wazoo water over me.

[Nasa'i: 139; Book. 1; English vol. 1; Book. 1; Hadees. 138]

## Sins are forgiven due to illness: -

11. Narrated by Umm Al-Ala رضى الله عنها that Nabi ﷺ visited me while I was sick & He ﷺ said: Be glad, Umm Al-Ala' for Allah removes the sins of a Muslim for his illness as fire removes the dross of gold & silver.

[Abu Dawud: 3092; Book. 21; English Book. 20; Hadees. 3086]

## Dua to recite during visiting a sick: -

12. Narrated by Abdullah Ibn Abbas رضىالله عنها that Nabi ه said: If anyone visits a sick whose time (of death) has not come & says with him seven times:

**Translation:** I ask Allah, the Mighty, the Lord of the mighty Throne, to cure you; Allah will cure him from that disease.

[Abu Dawud: 3106; Book. 21; English Book. 20; Hadees. 3100]

12. Ali so narrated that whenever Nabi so would visit an ill person, He so would say:

**Translation:** O Allah! Make the harm go away, Lord of mankind & heal him, You are the Healer, there is no healing except your healing, a healing that does not leave any sickness.

[Tirmizi: 3565; Book. 48, English vol. 6; Book. 46, Hadees. 3565]

13. Narrated by A'isha رخىالله عنها daughter of Saad الله that her father said: I had a complaint at Mecca. Nabi الله came to pay a sick-visit to me. He بالله بالله بالله بالله بالله الله بالله بال

Translation: O Allah! heal up Sa'ad & complete his immigration.

[Abu Dawud: 3104; Book. 21; English Book. 20; Hadees. 3098]

14. Narrated by Abu Hurairah & that Nabi & visited an ill man & said: Cheer up, for indeed Allah says: It is My fire which I impose upon My sinning Slave as his portion of fire.

[Tirmizi: 2232; Book. 28; English vol. 4 Book. 2, Hadees. 2088]

15. Narrated by Ibn Abbas رضى المعنها, that Nabi ه said: There is no Muslim worshipper who visit one who is ill, (other than at the time of death) هُ اللّهُ الْعَظِيمِ رَبَّ الْعَوْمِينِ الْعَظِيمِ أَنْ يَشُفِيكَ will be cured.

[Tirmizi: 2227; Book. 28; English vol. 4; Book. 2, Hadees. 2083]

#### Rugyah by Jibrail 🕮 for Nabi 🍇: -

16. Narrated from Abu Saeed & that Jibrail & came to Nabi & & said: "O Muhammad, you are ill. He & replied: Yes. Jibrail & recited (Ruqyah):

**Translation:** (In the Name of Allah I perform Ruqyah for you, from everything that is harming you, from the evil of every soul or envious eye & may Allah heal you. In the Name of Allah I perform Ruqyah for you).

[Ibn Ma-jah: 3652; Book. 31; English vol. 4; Book. 31, Hadees. 3523]

17. Narrated by Abu Hurairah & that Nabi & came to visit him (when he was sick) & He & said to him: Shall I not recite for you a Ruqyah that Jibrail & brought to me? He replied: May my father & mother be ransomed for you! Yes, O Rasoolullah &! then He & recite 3 times:

<u>Translation:</u> (In the Name of Allah I perform Ruqyah for you, from every disease that is in you & from the evil of those who (practice witchcraft when they) blow in the knots & from the evil of the envier when he envies), three times.

[Ibn Majah: 3653; Book. 31; English vol. 4; Book. 31, Hadees. 3524]

18. Narrated by A'isha رض الله عنها that when Nabi ﷺ fell ill, Jibrail ﷺ use to recite this for Nabi ﷺ.

<u>Translation:</u> (In the name of Allah, may He cure you from all kinds of illnesses & safeguard you from the evil of a jealous one when he feels jealous & from the evil influence of eye.)

[Muslim: 2185; Book. 39; English Book. 26; Hadees. 5424]

#### The soil of Madinah used: -

19. Narrated by A'isha رخى لله عنها that Nabi ه used to recite for the patient (who had a wound & use to recite the below Dua on the sand & mixe it with His ه Saliva & apply on wound)

**Translation:** (In the Name of Allah The earth of our land & the saliva of some of us cure our patient.)

[Bukhari: 5745; Book. 76; English vol. 7; Book. 71; Hadees. 641]

20. Narrated by A'isha رضي الله عنها that Nabi ﷺ used to read in this Ruqyah:

<u>Translation:</u> In the Name of Allah. The earth of our land & the saliva of some of us cure our patient with the permission of our Lord. With a slight shower of saliva while treating with a Ruqyah.

[Bukhari: 5746; Book. 76; English vol. 7; Book. 71; Hadees. 642]

1. The visitor should recite the following Dua: -

[Hisnul Hasin (English by Muhammed Rafiq)]

2. Or Recite: -

[Hisnul Hasin (English by Muhammed Rafiq)]

## 3. While Mentioning the name of the patient recite: -

# سقبك وغفر ذنبك وعافاك في دينك وجسبك إلى مترة أجلك

[Hisnul Hasin (English by Muhammed Rafig)]

4. Or recite: -

[Hisnul Hasin (English by Muhammed Rafig)]

It is mentioned in Hadees that once a person informed Hazrat Ali 🐇 about illness of a person, Hazrat Ali a asked him that, will it please him if he becomes well. The person replied: Yes, than Hazrat Ali 🐗 taught him the above Dua & said to him that he will become well.

[Hisnul Hasin (English by Muhammed Rafiq)]

## 5. When a person is ill he should recite 40 times the following: -

[Hisnul Hasin (English by Muhammed Rafiq)]

6. Also should recite many times: -

[Hisnul Hasan (English by Muhammed Rafia)]

Please refer lesson no. 60 to 67 in part-1

## Lesson no. 40 Perfumes & its uses (الطِّيب): -





#### INTRODUCTION

Attar (عطر) is natural perfume oil derived from botanical sources. Most commonly these oils are taken from the botanical material through hydro or steam distillation. Oils can also be expressed by chemical means but generally natural perfumes which qualify as Ittar/Attars are distilled naturally. The oils obtained from the herbs flowers & wood are generally distilled into a wood base such as sandalwood & then aged. The aging period can last from one to ten years depending on the botanicals used & the results desired.

Perfumes are mixture of fragrant essential oils or aroma compounds, fixatives & solvents - used to give the human body, animals, food, objects & living-spaces pleasant scent.

It is said the good perfumes which are free from alcohol & are natural are allowed & preferable to apply them. They are good for the soul & body (parts like brain & etc), they increases good sense, well being, mood & keep far the Shaitaan & Jinns.

## Nabi &'s guidance about perfumes: -

## <u>A'isha رضىالله عنبا applied perfume to Nabi 🐞: -</u>

1. Narrated by A'isha رخى الله عنبا: I put perfume on Nabi ﷺ for His exiting Ihram & I put perfume on Him for His Ihram, perfume which was not like this perfume of yours" she meant that it does not last. [Nasa'i: 2688; Book. 24; English vol. 3; Book. 24, Hadees. 2689]

## Do not refuse perfume: -

2. Narrated by Umamah Bin Abdullah الله that "Anas would not refuse perfume (القِيبَ) & said: Indeed Nabi ه would not refuse perfume.

[Tirmizi: 3019; Book. 43, English vol. 5; Book. 41, Hadees. 2789]

## Males not allowed applying perfume of saffron: -

3. Narrated by Anas 🐗 that Nabi 🕮 forbade men to perfume themselves with saffron.

[Bukhari: 5846; Book. 77; English vol. 7; Book. 72; Hadees. 737]

## Do not refuse or reject Rehaan (Rayhan), if it is gifted: -

4. Hazrat Abu Usman An-Nahdi ه says that Nabi ه said: If anyone of you is given (gifted) Rehaan (Rayhan) (الريحان) (fragrance) do not reject (refuse) it, (because) it is from Jannah (الجنة).

[Tirmizi: 3021; Book. 43, English vol. 5; Book. 41, Hadees. 2791]

5. Hazrat Abu Hurairah له says that Nabi هه said: Whoever is offered Rehaan (Rayhan) (الريحان), should not refuse it, (because) it has pleasant smell & is light in weight.

[Muslim 2253; Book. 40; English Book. 27; Hadees. 5600]

## Musk the best: -

6. Hazrat Abu Saeed Al-Khudri ه says that Rasoolullah ه said: The best good smelling (الطيب) fragrance is (of) Musk (البسك) (Kasturi).

[Nasa'i: 1905; Book. 21; English vol. 3; Book. 21, Hadees. 1906]

Please read lesson no. 23 Rehaan (Rayhan) & lesson no. 26 Zarirah & also lesson no. 52 Musk in part 1.

#### About Musk: -

7. Hazrat A'isha رخىالله عنها says that she applied perfume which had Musk (البسك) in it, to Nabi & before Ihram & on the Qurbani day & before doing tawaf of Kabah.

[Tirmizi: 917; Book. 9; English vol. 2; Book. 4; Hadees. 917]

8. Hazrat Abu Saeed Al-Khudri هه says that Rasoolullah هه spoke about a woman of Bani-Israel who had filled Musk (البسك) in her ring because Musk is the best Itar (الطيب).

[Muslim: 2252 B; Book. 40; English Book. 27; Hadees. 5599]

9. In other Hadees it is mentioned that when she use to press her ring, in company of people, the fumes of Musk (البسك) use to spread all over.

[Musnad Ahmed: 11364]

#### About Ismid Marooh: -

10. Narrated Ma'bad Bin Hudhah 🧆 that Nabi 🙈 commanded to apply collyrium mixed with musk at the time of sleep.

[Abu Dawud: 2377; Book. 14; English Book. 13; Hadees. 2371]

#### River Kausar: -

11. Hazrat Anas Bin Malik 💩 says that we asked Rasoolullah 🕮 about Kausar (الكوثر) & Rasoolullah ﷺ replied: It is a river, which Allah will give me in Jannah; its river sand will have Musk in it. Its water is brighter than milk & sweeter than honey (العسل), over it such birds will fly whose neck will resemble neck of camel, on this, Hazrat Abu Bakr said that this is a great boon from Allah Ta'ala, & Nabi said: Those who will eat them, will be more precious & fortunate ones.

[Musnad Ahmed: 13306]

### Groups entering Jannah: -

12. Narrated by Abu Hurairah 🧆 that Nabi 🗯 said: The first group to enter the Jannah will look like the full moon & those who will come after them will look like a most brilliant planet in the sky, they will not urinate nor defecate, nor spit, nor will blow their noses, their comb will be of gold, their sweat will be Musk (اليسك), their incense burner will be of aloes wood & their wives will be Hoors (fairies) & their built will be as Father Adam sixty cubits tall.

[Bukhari: 3327; Book. 60; English vol. 4; Book. 55; Hadees. 544]

## Friday market in Jannah: -

13. Hazrat Anas 🐇 says that Nabi 🗸 said: For the people of Jannah (Paradise) there will be a market on every Friday, in this market there will be structures built with musk (البسك) & than north wind will blow & this wind will blow on their faces, garments & homes (by this) their beauty will increase, then they will return to their families, the family members will say: By Allah your beauty have increased & the person will also say, the same to their family members.

[Riyadh Al-Salihin: 1889; Book. 20, English Book. 20; Hadees. 21, Musnad Ahmed: 14035]

#### Nabi &'s saliva better than musk: -

14. Narrated by Abdul Jabbar Bin Wa'il 🐞 that his father said: A bucket was brought to Nabi &: He & rinsed His Mouth & spit into it & it was like musk or better than musk & He & rinsed His Nostrils outside the bucket.

[Ibn Majah: 704; Book. 1; English vol. 1; Book. 1, Hadees. 659]

#### Blood smell from a wound, which was in Allah's cause: -

15. Narrated by Abu Hurairah 🐞 that Nabi 👼 said: A wound which a Muslim receives in Allah's cause will appear on the Day of Resurrection as it was at the time of infliction; blood will be flowing from wound & its color will be that of the blood but smell as musk

[Bukhari: 237; Book. 4; English vol. 1; Book. 4; Hadees. 238]

#### Use of musk after menstrual bath: -

16. Narrated Hazrat A'isha رضىالله عنها that an Ansari woman asked Nabi 🖓 how to take a bath after finishing from the menses. He & replied: Take a piece of a cloth perfumed with musk & clean the private parts with it thrice. Nabi & felt shy & turned his face. So I pulled her to me & told her what Nabi & meant.

[Bukhari: 315; Book. 6; English vol. 1; Book. 6; Hadees. 312]

17. Narrated by Anas 🐟 that Nabi 🐉 said: In this world, women & perfume have been made dear to Me & My comfort has been provided in Salah (prayer).

[Nasa'i: 3939; Book. 36; English vol. 4; Book. 36, Hadees. 3391]

Please refer Lesson no.23 Rehaan (Rayhan) & Lesson no. 52 Musk in part-1 of this Book.

# Lesson no. 41 Burns:



# INTRODUCTION

Burns are an injury caused by exposure to heat or flame. A burn is a type of injury to skin, or other tissues, caused by heat, electricity, chemicals, friction, or radiation. Burns that affect only the superficial skin layers are known as superficial or first-degree burns. When the injury extends into some of the underlying layers, it is described as a partial-thickness or second-degree burn. In a full-thickness or third-degree burn, the injury extends to all layers of the skin. A fourth-degree burn additionally involves injury to deeper tissues, such as muscle, tendons, or bone.

# Burnt person should recite this Dua: .

# أَذْهِب الْبَأْسَ رَبّ النَّاسِ اشْفِ أَنْتَ الشَّافِي لَا شَافِي إِلَّا أَنْتَ

Translation: O Lord of all mankind, remove the difficulty & grant relief (for) there is no One but You who grants relief (cure).

And blow on burnt region.

[Hisnul Hasin (English by Muhammed Rafig]

Blowing means that the two lips meet a little & blow in such a manner that a very little saliva emits. This applies in all cases where blowing is mentioned

To put off the fire or when seeing a fire one should recite Allahu-Akbar.

# Lesson no. 42 Insanity: -





#### **INTRODUCTION**

**Insanity, craziness** or **madness** is a spectrum of behaviors characterized by certain abnormal mental or behavioral patterns. Insanity may manifest as violations of societal norms, including a person becoming a danger to themselves or others, though not all such acts are considered insanity: likewise, not all acts showing indifference toward social norms are acts of insanity. In modern usage, insanity is most commonly encountered as an informal unscientific term denoting mental instability, or in the narrow legal context of the insanity defense. In the medical profession the term is now avoided in favor of diagnoses of specific mental disorders; the presence of delusions or hallucinations is broadly referred to as psychosis. When discussing mental illness in general terms, "psychopathology" is considered a preferred descriptor.

Recite Surah Faateha at morning & evening for 3 days & blow on the patient, each time after recitation little saliva should also to be blown along with air.

(Hisnul Hasin (English by Muhammed Rafig).

# Lesson no. 43 Pain: -





# INTRODUCTION

Pain is a feeling triggered in the nervous system. Pain may be sharp or dull. It may come & go, or it may be constant. You may feel pain in one area of your body, such as your back, abdomen or chest or you may feel pain all over, such as when your muscles ache from the flu.

# Nabi &'s guidance about pain: -

# Recite Surah Falag & Naas for pain: -

1. Narrated by A'isha رضى الله عنها that When Nabi 🦓 suffered from some pain, He & recited Mu'auwwadhat (Surah Falag & Surah Naas) in His Heart & blew (them over Him). When the pain became severe, I recited (them) over Him & wiped Him with His Hand in the hope of its blessing.

[Abu Dawud: 3902; Book. 29; English Book. 28; Hadees. 3893]

# Offer 12 Rakah at daytime if you miss Tahajjud Salah: -

2. A'isha رضى الله عنها reported that when Nabi 🗯 missed the night prayer due to pain or any other reason, He & (use to) observed twelve rak'ahs during the daytime.

[Muslim: 746 E; Book. 6; English Book. 4; Hadees. 1627]

# <u>Undergo cupping due to pain: -</u>

3. Narrated by Anas Ibn Malik shat Nabi had Himself wet cupped on the surface of His Foot because of a pain in it while He was in the sacred state (wearing Ihram).

[Abu Dawud: 1837; Book. 11; English Book. 10; Hadees. 1833]

# Wet cupping for headache & Henna for leg pain: -

4. Narrated by Salma رحى الله عنها the maid-servant of Nabi ﷺ said: No one complained to Nabi ﷺ of a headache but He told him to get himself wet cupped (hijamah), or of a pain in his legs but He ﷺ told him to dye them with henna.

[Abu Dawud: 3858; Book. 29; English Book. 28; Hadees. 3849]

# Treating pain with Ruqyah: -

5. Narrated by Usman Ibn Abil رحى الله عنه that he complained to Nabi ه about pain that he had felt in his body from the time he had become Muslim. Nabi ه said to him, "Put your hand on the part of your body where you feel pain & say 'Bismillah (in the name of Allah) three times, then say seven times,

<u>Translation:</u> (I seek refuge in the glory & power of Allah from the evil of what I feel & worry about).

[Muslim: 2202; Book. 39; English Book. 26; Hadees. 5462]

6. Narrated by Hazrat Usman Bin Abul Aa's that he complained to Nabi about pain in his body that he suffered from ever since he became a Muslim. Nabi replied: Place your hand on the painful area of your body & recite: Bismillah (In the Name of Allah), thrice, then say seven

<u>Translation:</u> I seek refuge with Allah's Might & Power from the evil of what I am suffering from & because of which I have become worry). He said: So I did it & Allah removed what I had & I never ceased telling my family & others to do it.

[Tirmizi: 2224; Book. 28; English vol. 4; Book. 2, Hadees. 2080]

7. Narrated by Ibn Abbas رخىالله عبيا says: Nabi ﷺ used to seek refuge for Hasan & Husain & use to say: Your father (Ibrahim ﷺ) used to seek refuge with Allah for Ismail ﷺ & Ishaq ﷺ with these words:

<u>Translation:</u> I seek refuge in the perfect words of Allah, from every devil & every poisonous reptile & from every evil eye.

[Bukhari: 3371; Book. 60; English vol. 4; Book. 55; Hadees. 590]

# Drink the remaining Ablution (wazoo) water: -

8. Narrated by Sa'ib Bin Yazid \*: My maternal aunt took me to Nabi \* & said: O Rasoolullah \*! Indeed my nephew is in pain. So He \* wiped over my head & supplicated for blessings for me. & He \* performed Wazoo & I drank from the water of His Wazoo. Then I stood behind His Back & I looked at the Seal between His Two Shoulder Blades & it resembled the egg of a partridge.

[Tirmizi: 4004; Book. 49; English vol. 1, Book. 46, Hadees. 3643]

# Dua for ailment: -

9. Muhammad Bin Sulaim narrated that "Thabit Al-Bunani said to me: When you suffer from some ailment, then place your hand at the place of the ailment, then recite: -

<u>Translation:</u> In the Name of Allah, I seek refuge in Allah's might & power from the evil of this pain I feel.

Then lift your hand & repeat for odd number of times. For indeed, Anas Bin Malik an narrated to me, that the Nabi an narrated that to him.

[Tirmizi: 3588; Book. 48; English vol. 6, Book. 46, Hadees. 3588]

#### Localized pain: -

1. Or recite placing the hand on pain region 3, 5, 7 times: -

[Hisnul Hasin (English by Muhammed Rafiq)]

2. One can also recite Surah Falaq & Surah Naas & blow on himself.

[Hisnul Hasin (English by Muhammed Rafiq)]

 ${\it Details\ given\ below\ are\ according\ to\ the\ Ulama\ \&\ Islamic\ Scholars\ \&\ not\ from\ Hadees.}$ 

For all types of pain: 
وَبِالْحَقِّ أَنْزَلْنَاهُ وَبِالْحَقِّ نَزَلَ مَ وَمَا أَرْسَلْنَاكَ إِلَّا مُبَشِّرًا وَنَنِيرًا

Place our hand on the pain site & recite the above verse of Chapter 17 Surah Israa (Bani Israel) verse no. 105 for 3 times.

[Cures from the Quran a pocket Book by idara page no 45]

# Pain in thumb or fingers:

Recite the above verse of Chapter 56 Surah Waqia verse no. 19 for 300 times on sesame oil & apply on affected finger.

[Cures from the Quran a pocket Book by Muhammad Elahi page: 106]

For knee pain: -

Recite the above verse of Chapter 2 Surah Bagara verse no. 186 & blow on water & drink daily.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 107]

For pain in ears:

Recite the above verse of Chapter 31 Surah Luqmaan verse no. 7 for 7 times & blow on painful ear.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 75]

For tooth ache: -

Recite the above verse of Chapter 76 (Sura) Mulk verse no. 23 for 7 times placing a finger on the painful tooth or grind & press the tooth little.

[Cure of our worries from Holy Ouran, by Maulana Muhammad Shafique page. 74]

For tooth ache: -

Recite full Chapter 1 Surah Faateha then recite the above verse of Chapter 6 (Sura) An'am verse no. 13 for 7 times & blow on the right hand & rub gently on the affected area.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 82]

Please read the following lessons of part-1 of this book so that you learn better about them, Lesson no. 44 Wet cupping (Hijamah), lesson no. 60 to 63 Rugyah (a spiritual healing) & etc, lesson no. 76 Health benefits of Ablution (Wazoo) & Salah (Namaz) (Islamic Prayer).

# Lesson no. 44 Critical illness:





# **INTRODUCTION**

Critical illness is a life-threatening condition, which is generally strictly defined.

When some is critically ill that there is no hopes for his recovery than the patient should recite: -

In Hadees it is mentioned that no matter how serious the patient is, one should not pray for death, but can recite this Dua: -

[Hisnul Hasin (English by Muhammed Rafiq)]

Details given below are according to the Ulama & Islamic Scholars & not from Hadees.

**Ouranic verse for critical disease: -**

**Translation:** So he invoked his Lord: Indeed, I am overpowered, so help.

[Sura-Al-Qamar-54:10].

Recite the above verse of Chapter 54 Surah Qamar verse no. 10 for 41 times every day after the prayer of Dawn (Fajar) & Magrib Prayer).

(http://www.alguranclasses.com/supplication....)

When Medicines are ineffective: -

# فَلَعَا رَبُّهُ أَنِّي مَغُلُوبٌ فَانْتَصِرُ

Recite the above verse of Chapter 54 Surah Qamar verse no. 10 for 313 times for 21 days & blow towards the sky & water & drink.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 44]

# Difficult diseases: -

Recite the above verse of Chapter 21 (Sura) Ambiya verse no. 83 frequently.

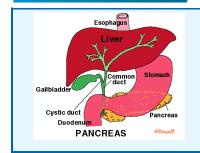
(http://www.alguranclasses.com/supplication....)

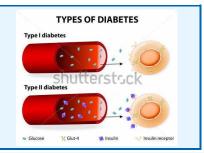
When cure becomes difficult: -

Recite the above of Surah Ambiya verse no. 83 again & again.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 119]

# Lesson no. 45 Diabetes: -





#### INTRODUCTION

Diabetes is a disease that affects your body's ability to produce or use insulin. Insulin is a hormone. When your body turns the food you eat into energy (also called sugar or glucose), insulin is released to help transport this energy to the cells. Insulin acts as a "key." Its chemical message tells the cell to open & receive glucose. If you produce little or no insulin, or are insulin resistant, too much sugar remains in your blood. Blood glucose levels are higher than normal for individuals with diabetes. There are two main types of diabetes: Type 1 & Type 2.

Details given below are according to the Ulama & Islamic Scholars & not from Hadees. **Ouranic verse for diabetes: -**

Translation: & say: My Lord, cause me to enter a sound entrance & to exit a sound exit & grant me from Yourself a supporting authority.

[Surah Bani Israeel: 80]

Recite the above verse of Surah Bani-Israel verse no. 80 for 41 times every day after the Fajar & Isha Salah & blow on water & drink it.

[Cures from the Quran a pocket Book by idara page: 11]

Many scholars & Aaleems has seen in their dreams, that they complaint about their diabetes (in their dreams) to Nabi & & He & advised to put Rose water (2 to 3 spoon) in some drinking water & drink it early morning empty stomach, the scholars say that they started the rose water as mentioned & their diabetes got cured fully.

# Lesson no. 46 Nourishment: -

#### INTRODUCTION

The food necessary for growth, health & good condition, tubers from which plants obtain nourishment. The action of nourishing someone or something is called as nourishment

Details given below are according to the Ulama & Islamic Scholars & not from Hadees.

# Quranic verse for nourishment: -

**Translation:** O' our Lord! Sends down to us a table [spread with food] from the heaven to be for us a festival for the first of us & the last of us & a sign from You. & provide for us & You are the best of providers.

[Surah Al-Maidah: 114

Recite the above verse of Chapter 5 Surah Maidah verse no. 114 for 21 times every day after the prayer of Fajar & Isha).

# Quranic verse to restoration of health: -

**Translation:** So direct your face toward the religion, inclining to truth. [Adhere to the fitral of Allah upon which He has created [all] people. No change should there be in the creation of Allah. That is the correct religion, but most of the people do not know.

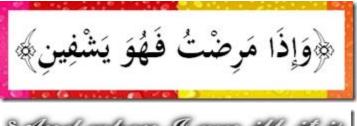
[Surah Al Room: 30]

Recite the above Chapter 30 Surah Al Room verse no. 30 for 21 times every day after Fair & Asr prayer.

[Cures from the Quran a pocket Book by Muhammad Elahi page. 121]

# Lesson no. 47 Verses of healing (آیات الشفاء) for Incurable diseases:

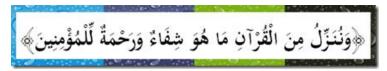
Treatment plans during illness & Inshaallah all diseases will be curable.



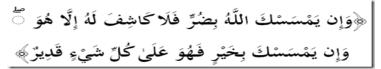
Sand when I am ill, it is

[God] who curres mes

(Quran, Surah ash-Shu'ara, 26:80)



And We send down of the Quran that which is a healing and a mercy to those who believe... (Quran, Surah Al-Israa, 17:82)



"And if Allah touches you with harm, none can remove it but He, and if He touches you with good, then He is Able to do all things" [Surah Al-AnAam, 6:17]

Details given below are according to the Ulama & Islamic Scholars & not from Hadees.

# Verses of Healing: "Ayat Al-Shifa.

- 1. Read (*Ya Salaamu* 125,000 times) to cure incurable diseases like Cancer or any other sickness.
- 2. Reading Chapter 36 Surah Yaseen & blowing on water is said to cure 1000 sicknesses & drinking this water.

3. Reading Chapter 1 Surah Faateha for 41 times, for 40 days (between the 2 Sunnah & Farz of Fajr Salah, meaning one should offer 2 Sunnah of Fajr, then recite Surah Faateha 41 times & offer 2 Farz of Fajr Salah) it is necessary to omit the breath pause in 1st 2 lines by joining the meem to *Al-Alhamdulillah* meaning one recite like this; when you read *Bismillah ir-Rahman ir-Rahim* at the point of rahim join with to Al-Alhamdulillahi rabbil in one breath, so you recite: *Bismillah ir-Rahman ir-Rahimil-hamdulillahi rabbil*... till the end. This can should be recited 41 times & then blown into water to read each of the days add to same bottle of water.

This is called Shifa (Healing) water or Barkat (blessing) water, when one or many people read Chapter 36 Surah Yaseen over water.

### For incurable diseases: -

Surah Al- Ambiya: 83	سورةالأنبياء: ٨٣	
وَأَيُّوبَ إِذْ نَادَىٰ رَبَّهُ أَنِّي مَسَّنِي الضُّرُّ وَأَنتَ أَرْحُمُ الرَّاحِينَ ﴿ ﴿ ﴿ اللَّهُ المَّا		
Surah Al- Ambiya: 88	سورةالأنبياء:٨٨	
ا و كَلَٰلِكَ نُنجِى الْمُؤْمِنِينَ ﴿ ١٠٠٠ اللَّهُ وَمِنِينَ ﴿ ١٠٠٠ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ ال	فَاسْتَجَبُنَا لَهُ وَنَجَّيْنَاهُ مِنَ الْغَمِّر	
Surah Al- Shu'araa: 80	سورةالشعراء: ٨٠	
وَإِذَا مَرِضْتُ فَهُو يَشْفِينِ ﴿﴿		
Surah Al- Naml: 62	سورةالنهل: ٦٢	
أُمَّن يُجِيبُ الْمُضَطِّرَّ إِذَا كَعَاثُهُ وَيَكُشِفُ السُّوءَ		
Surah Al- Ahzab: 48	سورةالاحزاب: ٨٤	
وَتَوَكُّلُ عَلَى اللَّهِ ۚ وَكُفِّي بِاللَّهِ وَكِيلًا ﴿ ﴿		
Surah Al- Baqarah: 255	سورةالبقرة: ٥٥٧	
اللَّهُ لَا إِلَـٰهَ إِلَّا هُوَ الْحَتَّى الْقَيُّومُ ۚ		
Surah Al- Qamar: 10	سورةالقبر:١٠	

فَكَعَارَبَّهُ أَنِّي مَغْلُوبٌ فَانتَصِرُ ﴿		
Surah Al- Anfaal: 40	سورةالإنفال: ٠ ٤	
النَّفِيرُ الْمَوْلَى وَنِعْمَ النَّصِيرُ ﴿ اللَّهِ النَّاسِيرُ ﴿ اللَّهِ اللَّهِ اللَّهِ اللَّهِ اللَّهِ اللّ	وَإِن تَوَلُّوا فَاعْلَمُوا أَنَّ اللَّهَ مَوْلَاكُمُ	
Surah Al- Ambiya: 87	سورةالإنبياء:٧٨	
لَّر إِلَهَ إِلَّا أَنتَ سُبْحَانَكَ إِنِّى كُنتُ مِنَ الظَّالِمِينَ ﴿ ﴿ الْحَالَ الْمُعَالِمِينَ ﴿ الْمُعَانَكَ إِنِّي كُنتُ مِنَ الظَّالِمِينَ		
Surah Al- Isra: 82	سورةالإسراء: ٨٢	
ۅؘٮؙٛڹۧڗؙؚڵڡؚؽٵڵڠؙۯٲڹؚڡٵۿۅؘۺڣٵٷۯڂٛڡۘٞ۠ڷؚڵؠؙٷٛڡؚڹؽٷۅٚڵؽڔؚۑٮؗٵڵڟۜٵڸؠؽٳڷۜڒ		
خَسَارًا ﴿ ١٨٠﴾		
Surah Al- Ambiya: 69	سورةالأنبياء: ٦٩	
قُلْنَا يَا نَارُ كُونِي بَرْدًا وَسَلَامًا عَلَىٰ إِبْرَاهِيمَر ﴿ ﴿ ﴾		
Surah Al- Muminoor: 118	سورةالبؤمنون: ١١٨	
وَقُل رَّبِّ اغْفِرْ وَارْمُمْ وَأَنتَ خَيْرُ الرَّاحِينَ ﴿ الْحَالِمِ اللَّهِ الْحَالِمِ اللَّهِ ا		

- 4. These above verses are best for every kind of incurable diseases, 1st recite 11 time any Durood (Shareef) then these Verses 21 times finally finish as you started with 11 time Durood (Shareef) & blow on water & use to drink regularly.
- 5. There are a few method of writing them & drinking the water, one is; By means of some coloured liquid, e.g. saffron water, these aayats are written in a bowl & the writing is melted by rain water the aayats for Shifa can be written on a piece of paper by a person with ablution & the piece of paper be put in some water in a container.

# Aayat-e-Shifa:

[Cures from the Quran a pocket Book by Muhammad Elahi page no. 123]

وَيَشْفِ صُلُورَ قَوْمِ مُؤْمِنِينَ

[Surah Tawbah verse no. 14]

يَا أَيُّهَا النَّاسُ قَلُ جَاءَتُكُمُ مَوْعِظَةٌ مِنْ رَبِّكُمْ وَشِفَاءٌ لِمَا فِي الصُّلُورِوَهُلَّى وَالْمُؤْمِنِينَ وَرَحْمَةٌ لِلْمُؤْمِنِينَ

[Surah Yunus verse no. 57]

وَتِلْكَ الْقُرَىٰ أَهْلَكُنَاهُمْ لَبَّاظَلَمُوا وَجَعَلْنَالِمَهْلِكِهِمْ مَوْعِمَّا

[Sura Kahf verse no. 59]

وَنُنَرِّلُ مِنَ الْقُرُآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِلْمُؤْمِنِينَ لَا وَنُنَرِّلُ مِنَ الظَّالِمِينَ إِلَّا خَسَارًا

[Surah Bani Israel verse no. 82]

وَإِذَا مَرِضُتُ فَهُوَ يَشْفِينِ

[Sura Shua'raa verse no. 80]

وَلَوْ جَعَلْنَاهُ قُرُانًا أَنْجَمِيًّا لَقَالُوا لَوْلَا فُصِّلَتْ آيَاتُهُ ﴿ أَأَنْجَمِيُّ وَعَرَبِ ۚ ۚ قُلْ هُوَ لِلَّذِينَ آمَنُوا هُدًى وَشِفَاءٌ ﴿ وَالَّذِينَ لَا يُؤْمِنُونَ فِي آذَانِهِمُ وَقُرُّ وَهُوَ عَلَيْهِمْ عَمًى ۚ أُولِئِكَ يُنَادَوْنَ مِنْ مَكَانٍ بَعِيد

[Sura Fussilat (Ha-Mim) verse. 44]

Recite the above verses twice a day morning & evening with Durood Shareef 3 times before & after.

(Cures from the Quran a pocket Book by Muhammad Elahi page. 123)

# Lesson no. 48 Blood Pressure:





#### **INTRODUCTION**

Blood pressure is the measure of the force of blood pushing blood vessel walls. The heart pumps blood the arteries (blood vessels), which carry the blood throughout the body. High blood pressure, also called hypertension, is dangerous because it makes the heart work harder to pump blood out to the contributes hardening the body arteries. or atherosclerosis, to stroke, kidney disease & to the development of heart failure.

Details given below are according to the Ulama & Islamic Scholars & not from Hadees. For high pressure: -

Recite the above verse of Chapter 3 Surah Aal-Imraan verse no. 134 for 101 times every day.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page: 11]

# Lesson no. 49 Possessed (Aaseeb): -

#### **INTRODUCTION**

A person completely controlled by an evil spirit is called as possessed.

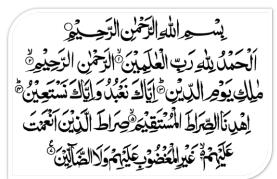
The detail given below is according to Ulama & Islamic Scholars & not from Hadees.

Recite the above verse of Chapter 38 Surah Saad verse no. 34 for 7 times in the left ear of possessed person the evil spirit leaves away.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 15]

To remove the Jinn recite: -

Recite Chapter 1 Surah Faateha & Aayatul Qursi for Jinn problems: -



# بِسْ فَرَالَةُ الْآلَا اللهُ اللهُ

Also recite First 5 verses of Chapter 72 Surah Jinn verse 1 to 5: -

قُل أُوحِى إِنَّى أَنَّهُ اسْتَهَعَ نَفَرٌ مِنَ الْجِنِّ فَقَالُوا إِنَّا سَمِعْنَا قُرُانًا عَجَبًا يَهُدِى إِلَى الرُّشُدِ فَآنَهُ تَعَالَىٰ عَهُدِى إِلَى الرُّشُدِ فَآمَنَا بِهِ ﴿ وَلَنُ نُشْرِكَ بِرَبِّنَا أَحَداً وَأَنَّهُ تَعَالَىٰ جَدُّ رَبِّنَا مَا اتَّخَذَ صَاحِبَةً وَلَا وَلَدًا وَأَنَّهُ كَانَ يَقُولُ سَفِيهُنَا عَلَى اللهِ شَطَطًا وَأَنَّا فَأَنَّا فَأَنَّا فَلَا اللهِ كَذِبًا شَطَطًا وَأَنَّا فَأَنَّا فَأَنَّا أَن لَّن تَقُولَ الْإِنسُ وَالْجِنُّ عَلَى اللهِ كَذِبًا

If the Jinn haunt a house or a person or there is doubt of it, then recite Chapter 1 Surah Faateha, Aayatul Kursi & first 5 verses of Chapter 72 Surah Jinn, then blow on water & sprinkle the water on the affected person.

[Cure of our worries from Holy Quran, by Maulana Muhammad Shafique page. 16]

# Lesson no. 50 Healing with Names of Allah Ta'ala: -

 ${\it The\ detail\ given\ below\ is\ according\ to\ Ulama\ \&\ Islamic\ Scholars\ \&\ not\ from\ Hadees.}$ 

#### Introduction: -

Allah Ta'ala Himself is the Almighty of the whole universe & whatever exists. Allah Ta'ala has infinite qualities to which He only knows, Names of Allah Ta'ala are infinite however 99 Names are very famous & known.

Each Name amongst the 99 represents a Quality of Allah Ta'ala. They are very melodious to recite & powerful, they form a vibration & energy around the reciting person, each Name has a special meaning which has a special effect & powerful healing vibrations also, if Dua is done with recitation & remembrance of these Names Dua is accepted by Allah Ta'ala. Many of them are mention in Holy Quran. Names "Allah" is the only proper name among 99 names rest are Attributes of Allah Ta'ala. They are jointly called as ASMAUL HUSNAA.

اَلقُدُّوُسُ 4 AL-QUDDUS The Holy	الملك 3. AL-MALIK The Sovereign Lord	اُلرَّحیِمُ 2. AR-RAHIM The Mercifull	الرَّحمن 1 AR-RAHMAN The Beneficent
العَزِيزُ	المهيمن	اُلمُومِنُ	اُلسَّلاً مُ
8. AL-AZIZ	۲. AL-MUHAYMIN	6. ÁL-MU'MIN	5. AS-SALAM
The Mighty	The Protector	The guardian of faith	The Source Of Peace
اُلبَارِیُ	الخالقُ	المتكبر	اُلجَبَّارُ
12. AL-BARI	11. AL-KHALIQ	10. AL-MUTAKABBIR	9. AL-JABBAR
The Evolver	The Creator	The Majestic	The Compeller
أُلو َهَّا بُ	القَهَّارُ	اَلْغَفَّارُ	اَلَمُصُورُ
16. AL-WAHHAB	15. AL-QAHHAR	14. AL-GHAFFAR	13.AL-MUSAWWIR
The Bestower	The Subduer	The Forgiver	The Fashioner
اَلقَابِضُ 20. AL-QABIZ The Constrictor	19. AL-ALIM The All Knowning	اُلفَتَّاحُ 18. AL-FATTAH The Opener	الرزّاق ألور over our output of the Provider output outpu

اُلمُعز	اُلرَّافِعُ	الخافضُ	البًاسطُ
24. ÁL-MUIZZ	23. AR-RAFI	22. AL-KHAFIZ	21. ÁL-BASIT
The Honourer	The Exalter	The Abaser	The Expender
اُلحککم 28. AL-HAKAM The Judge	أُلبَصِيرُ 27. ÁL-BASIR The All Seeing	26. ÁS-SAMI The All Hearing	اَلْمُذِلُّ 25. AL-MUZILL The Dishonourer
أُحليمًا	الخبير	اللّطيفُ	العدلُ
32. AL-HALIM	31. AL-KHABIR	30. AL-LATIF	29. AL-ADL
The Forbearing one	The Aware	The Subtle One	The Just
العلي	اُلشَّكُورُ	اُلغَفُورُ	ألعظيمُ
36. AL-ALI	35. ASH-SHAKUR	34. AL-GHAFUR	33. AL-AZIM
The Most High	The Appreciative	The All-Forgiving	The Great one
ألحسيب 40. AL-HASEEB The Reckoner	أَلُمُقِيتُ 39. AL-MUQIT The Maintainer	ألحفيظُ 38. AL-HAFIZ The Preserver	37. AL-KABIR The Most Great

المجيبُ	اُلرَّقیبُ	الكريمُ	الجليلُ
44. AL-MUJIB	43. AR-RAQIB	42. AL-KARIM	41. AL-JALIL
The Responsive	The Watchfull	The Generous One	The Sublime One
المجيد	اُلودود	الحكيمُ	ألو أسعُ
48. AL-MAJEED	47. AL-WADUD	46. AL-HAKEEM	45. AL-WASI
The Most Glorious One	The Loving	The Wise	The All-Embracing
أُلُو كِيلُ	اُلحُقُ	اَلشَّهِيدُ	البّاعث
52. AL-WAKIL	51. AL-HAQQ	50. ASH-SHAHEED	49. AL-BA'ITH
The Trustee	The Truth	The Witness	The Resurrector
ألحميد	اًلو َلِيُّ	اُلمَتينُ	اُلقَوِیُ
56. AL-HAMEED	55. AL-WALI	54. AL-MATEEN	53. AL-QAWI
The Praiseworthy	The Protecting Friend	The Firm One	The Most Strong
اَلمُحیِی	أُمِيدُ	أَلْمَبِدِيء	المحصى بالمحصى Jacop Joan Navier IIV
60. AL-MUHYI	59. AL-MU'ID	58. ÁL-MUBDI	
The Giver Of Life	The Restorer	The Originator	

ألوًاحدُ	اَلقَّهُ مُ	أَلحُىُ	ٱلمُمنتُ
64. AL-WAJID The Finder	63. AL-QAYYUM The Self-subsisting	62. AL-HAYEE The Alive	61. AL-MUMIT The Creator Of Death
ٱلصَّمَّد	ٱلاَحَدُ	ألوًاحدُ	ٱلمَّاجَدُ
68. AS-SAMAD The Eternal	67. AL-AHAD The One	66. AL-WAHID The Unique	65. AL-MAJID The Noble
ٱلمُو ُخِّرُ	ٱلمُقَدَّمُ	ألمُقتَدرُ	ٱلقَادَرُ
72. AL-MU'AKHKHIR The Delayer	71. AL-MUQADDIM The Expediter	70. AL-MUQTADIR The Powerful	69. AL-QADIR The Able
ٱلبَّاطِنُ	اَلظَّاهرُ	الأخر	اَلاَوَّلُ
76. AL-BATIN The Hidden	75. AZ-ZAHIR The Manifest	74. AL-AAKHIR The Last	73. AL-AWWAL The First
ٱلتَّوَّبُ	ٱلبَرُّ	ألُمتَّعَال	الوالي ألوك كري ألوك
80. AT-TAWWAB The Acceptor Of Repentance	79. AL-BARR The Source of All Goodness	78. AL-MUTA'ALI The Most Exalted	77. AL-WALI Governor IV

مَالكُالمُلك	* à * 1Í	44511	4 25 . 4 lí
84. MALIK-UL-MULK The Eternal Owner Of Sovereignty	83. AR-RAOOF	82 AL-'AFUW	81. AL-MUNTAQIM
	The Compassionate	The Pardoner	The Avenger
اُلغَنيُّ 88. AL-GHANI The Self-Sufficient	اُلجًامِعُ 87. AL-JAAMAY The Gatherer	أُلُمُقسطُ 86. AL-MUQSIT The Equitable	فُوالجُلالِ وَالإِكْرَامِ 85. UL-JALAL E-WAL-IKRAM The Lord Of Majesty and Bounty
اَلنَّافِعُ	اُلضَّارَ	ألمَانعُ	اَلْمُغني
92. AN-NAAFAY	91. AD-DAARR	90. AL-MAANAY	89. AL-MUGHNI
The Propitious	The Distresser	The Preventer	The Enricher
اَلْبَاقِي	أَلْبَدِيعُ	اَلهاًديُ	اَلنُّورُ
96. ÁL-BAQI	95. AÍ-BADEI	94. ÁL-HAADI	93. AN-NOOR
The Everlasting	The Incomparable	The Guide	The Light
AllahsWord.com Your 1 Stop, Islam Sp	اَلصَبُورُ 01 99. AS-SABOOR The Patient	اُلرَّشیدُ 98. AR-ŘASHEED The Guide To The Right Path	الوارث الوارث الموارث

# The Healing Powers Of The Names Of Allah: -

It has been discovered by Doctor Ibrahim Karim (Biologist) that Asma ul Husnaa, most beautiful names of Allah have healing power to a large number of diseases.

He used precision methods in the measurement of energy within the human body and discovered that every one name of Allah stimulates energy in the immune system of the human body to work efficiently in a certain ideal human body.

He discovered that the mere mention (reciting) of most beautiful names of Allah leads to improvement in the tracks Bio Energy within the human body and after a 3-years of research Doctor Ibrahim Karim reached to the following: -

	Body part	Name of Allah	Meaning.
1.	Ear	As Sami	(The all Hearing).
2.	Bone	Al Nafi	(The creator of good).
3.	Backbone	Al Jabbar	(The Compeller).
4.	Knee	Al Ra'uf	(The Clement).
5.	Hair	Al Badi	(The Originator).
6.	Heart	Al Nur	(The Light).
7.	Muscles	Al Qawiyy	(The All Strength).
8.	Heart Waves	Al Wahhab	(The giver of All).
9.	Heart Muscle	Al Razzaq	(The Sustainer).
10.	Nerve	Al Mughni	(The Enricher).
11.	Artery	Al Jabbar	(The Compeller).
12.	Stomach	Al Razzaq	(The Sustainer).
13.	Cancer	Al Jalil	(The Mighty).
14.	Thyroid	Al Jabbar	(The Compeller).
15.	Thigh	Al Rafi	(The Exalter).
16.	Migraine	Al Ghani	(The Rich One).
17.	Eye Arteries	Al Mutaali	(The Supreme One).
18.	Kidney	Al Hayy	(The Ever Living One).
19.	Colon	Al Ra'uf	(The Clement).
20.	Intestine	Al Razzaq	(The Sustainer).
21.	Liver	Al Nafi	(The creator of good).

22.	Pancreas	Al Bari	(The Maker of Order).
23.	Fatty Sacks	Al Nafi	(The creator of good).
24.	Womb	Al Khaliq	(The Creator).
25.	Bladder	Al Haadi	(The Guide).
26.	Rheumatism	Al Muhaymin	(The Guardian).
27.	Prostate	Al Rashid	(The Righteous Teacher).
28.	Nerves of the	Al Zaahir	(The Manifest One.
	Eye		
29.	Pineal Gland	Al Haadi	(The Guide).
30.	Blood Pressure	Al Khafed	(The Abaser).
31.	Lung	Al Razzaq	(The Sustainer).
32.	Thymus Gland	Al Qawiyy	(The All Strength).
33.	Gland above	Al Bari	(The Maker of Order).
	the Kidney		
34.	Hair Peel	Al Jalil	(The Mighty).
35.	The Nasal	Al Lateef, Al	
	Cavities	Ghani, Al	
		Raheem).	
36.	Eye	(Al Nur, Al	
		Baser, Al	
		Wahhab).	

# Rules of recitation: -

When adopting a particular name as Wazeefah (daily recital) add (Yaa) before the name and remove the (AI). For example (Ar-Rahmaan) must be recited as (Yaa-Rahmaanu) and NOT as (Yaa-Ar-Rahmaanu).

# **Method of treatment: -**

Lay your hands on the place of pain and praise Allah names according to your disease until the pain heals or cure away.

Remember healing takes place in result of reciting the names of Allah depends on the will of Allah, the Almighty.

# Recite the following Names of Allah: -

الرَّحُمٰنُ Ar Rehman (The Beneficent)	One who recites this name 100 times will get sharp memory.
الُعَدُلُ Al 'Adl (The Just)	One who eats the bread after writing this name Friday night, people will obey his order.
الْعَفُوْ Al 'Afuw (The Pardoner)	One who recites this name frequently, his sins will be pardoned.
الأحد Al Ahad (The One)	Recitation of this name 1000 times opens certain secrets.
اً لانحور Al-Akhir (The Last)	One who recites this name frequently will lead a good life and at the end of this life will have a good death.
الْعَلِيُّ Al-'Aliyyo (The Most High)	Frequent recitation of this name helps in destiny and in traveling & will became popular.
الُعُلِيْمُ Al-'Aleem (The All Knowing)	One who recites this name will become luminous and can be revealed by divine light (Noor).

الْآوُلُو Al-Awwal (The First)	Recitation of Fridays will he
الْعَظِيْمُ Al-Azim he Great One)	One who recrespect from
اَلُعَزِيْرُ Al 'Aziz The Mighty)	Recite this not Salah for 40 of from others.  Recite 94 times reveal the second will not be not second salah for the second salah for t
ٱلْبَاطِنُ	One who reci

(T

f this name. 1000 times for 40 elp in getting a child.

tites this name frequently will get others.

ame 40 times after fair (morning) days to be independent from need

mes at morning daily Allah will ecret of Ilme simian & Alchemy & eedful of anyone.

ites this name three times in a day will be able to see the truth in things.

البديع Al-Badi (The Incomparable)

One who recites this name 70 times will be free from all troubles.

Al-Baa'is (The Resurrector)

Al-Baatin (The Hidden)

> One who recites this name will gain the fear of Allah.

Al-Baagi (The Everlasting)

One who recites this name 100 times before sunrise will be saved from all disasters.

Al-Barro

One who recites this name for his child, the child will be free from misfortune & will be

(The Source of all Goodness)	safe.
اَلْبُصِيْرُ Al-Baseer (The All Seeing)	One who recites this name 100 times after Friday Prayers (Namaz) will get the esteem in the eyes of others.
اُلْبَاسِطُ <b>Al-Basit</b> (The Expander)	One who recites this name 10 times after morning Prayers (Namaz) with open hands will get wealth. If recite at dawn 10 times raising his hand high will not need anyone in anything.
اُلُفَتّاحُ Al-Fattaho (The Opener)	One who recites this name will face the victory. If recite 70 times while keeping hands on chest Allah will remove veil from his heart & open divine recognition.
الْغَفَّارُ Al-Ghaffar (The Forgiver)	One who recites this name, his sins will be forgiven. If recite after Friday prayer 100 times Allah will forgive him.
ဂိခ်စ်ဝိုင် Al-Ghafur (The All Forgiving)	Recitation of this name helps in healing from headache, Fever & depression & satanic (shaitaan) whispering (waswasa) will stop.
الْغَنِيُّ Al-Ghani (The Self Sufficient)	One who recites this name will be contented and not covetous.
اَلُهَا دِیُ Al-Hadi (The Guide)	One who recites this name frequently will gain spiritual knowledge.

اَلُحَفِيُظُ Al-Hafiz (The preserver)	One who recites this name 16 times each day will be protected against calamities & have complete safety.
اَلُحَكِمُ Al-Hakam (The Judge)	One who recites this name frequently at night, many secrets will be revealed to him / her.
اَلُحَكِيْمُ Al-Hakim (The Wise)	One who recites this name continuously will prevent him / her from the difficulties in work.
الْحُلِيْمُ Al-Haleem (The Forbearing One)	Write this name on the piece of paper and put it where the seeds are sown, this will prevent from any disaster & calamity. If recite on sore eyes 19 times eye will get relieved.
اَلُحَمِیْدُ <b>Al-Hamid</b> (The Praiseworthy)	One who recites this name will be loved and praised
اَلُحُقَّ Al-Haqq (The Truth)	One who recites this name will get his lost thing.
الُحَسِيُبُ Al-Hasib (The Reckoner)	One who starts reciting this name 70 times beginning from Thursday for seven days and nights and recite on the 71st time "HabiAl-llah ul Hasib" will be free of fears from robbery & Jealousy.

الحي Al-Hayy (The Alive)	One who recites this name will have long life.
الُجَامِعُ Al-Jaame (The Gatherer)	One who recites this name will find lost things.
الُجَبَّارُ Al-Jabbar (The Compeller)	Recitation of this name helps to prevent from violence, severity or hardness.
اَلُجَلِيْلُ <b>Al-Jalil</b> (The Sublime One)	One who writes this name on a piece of paper with musk and saffron, washes it, and drinks the water from a ceramic container made of earth, will be revered among men.
الكبيرُ Al-Kabeer (The Most Great)	One who recites this name 100 times will get esteem & Dua will be accepted.
الكريثم Al-Kareem (The Generous One):	One who recites this name will have esteem in this world & Angels pray for him who recite it before sleep.
كُخِبِيُوُ	One who recites this name will be quickly freed from the bad habit.

Al-Khabeer (The Aware)	
الُخَافِصُ Al-Khaafezo (The Abaser)	Recitation of this name, 70,000 times in gathering after fasting for 3 days will be safeguarded from enemy. If recite 70 times evil will be removed.
اَلُخَالِقُ Al-Khaliq (The Creator)	Recitation of this name at night will create an angel & heart gets illuminated.
الْبَارِئُ Al-Bari (The Evolver)	Recitation of both names each 21 times will help women during child birth.
اَلُمُصَوِّرُ <b>Al-Musawwir</b> (The Fashioner)	
اَللَّطِيُفُ <b>Al-Lateef</b> (The Subtle One)	One who recites this name 100 times after performing two rakats of Namaz will get all his desires fulfilled. Also difficulties will get eased.
اَلُمَاجِدُ Al-Maajeedo (The Noble)	One who recites this name, his heart will be enlightened.
اَلُمَجِيُدُ Al-Majid (The Most Glorious One)	One who recites this name will gain glory & get Noor in him.

اُلُمُلِكُ Al-Maleko (The Sovereign Lord)	One who recites this name frequently will be respected and treated accordingly by others.  Recite it 64 times; its specialty is continuation of power of one who is regular in it.
مَالِكُ الْمُلُكِ Al-Maalik-Al- Mulk (The Eternal Owner of Sovereignty)	One who recites this name will get esteem.
الُمَانِعُ Al-Maani (The Preventer)	One who recites this name will have a good family life.
المُتينُ Al-Matin (The Firm One)	One who recites this name will be freed from any troubles.
اَلُمُؤَخِّرُ <b>Al-Mu'akhkhir</b> (The Delayer)	Reciting this name 100 times helps to love only Allah.
الُمُبُدِئُ Al-Mubdi (The Originator)	Recitation of this name on pregnant woman will prevent her from abortion.

الْمُغَنِيُّ <b>Al-Mughni</b> (The Enricher)	One who recites this name 10 times for 10 Fridays will become self sufficient.
الُمُهَيُّمِنُ Al-Muhaymin (The Protector)	One who recites this name with complete ablution, their inner being will be luminous. Recite 125 times for purity of soul.
الْمُحُصِيُ Al-Muhsi (The Reckoner)	One who recites this name 1000 times will have easiness on the judgment day.
الْمُحَيِّي Al-Muhyi (The giver of life)	One who recites this name will be helped in heavy burden.
المعيد Al-Mu'iid (The Restorer)	Recitation of this name 70 times will helpful in safe return of the missing person.
الُمُعِزِّ Al-Mu'izz (The Honorer)	Reciting 140 times after isha prayer will help in attaining dignity in the eyes of others.
اَلُمُجِیُبُ Al-Mujeeb (The Responsive)	Recitation of this name will fulfill appeals.

الْمُؤُمِنُ <b>Al-Mu'min</b> (The Guardian of Faith)	One who recites this name will be free from any harm. Recite 136 times for protection from satan, jinns & human evil.
الُمُمِيْتُ Al-Mumeet (The Creator of Death)	One who recites this name will be prevented from enemy.
الْمُنْتُقِّةِ Al-Muntaqim (The Avenger)	One who recites this name frequently will be victorious against his enemies.
اَلُمُقَدِّمُ Al-Muqaddim (The Expediter)	Recitation of this name is helpful in the battlefield
اَلُمُقِیْتُ Al-Muqit (The maintainer)	One who recites this name on a glass of water and gives this water to bad mannered child, it will help the child in attaining good manners.
اَلُمُقُسِطُ Al-Muqsit (The Equitable)	One who recites this name will be free from the harm of the devil.
اَلْمُقْتَدِرُ <b>Al-Muqtadir</b> (The Powerful)	Recitation of this name helps to know the truth.

اَلُمُتَعَالِيُ <b>Al-Muta'ali</b> (The Most Exalted)	One who recites this name frequently will gain the benevolence of Allah.
اَلُمُتَكَبِّرُ <b>Al-Mutakabbir</b> (The Majestic)	Recitation of this name before having intercourse with wife will be blessed with righteous child. If recite in presence of oppressor he will get humble.
اَلُمُذِلَّ Al-Muzill (The Dishonorer)	One who recites this name 75 times will be prevented from jealousy. If recite 1000 times in darkness of night in Sajjada on bare ground also.
اَلْتَافِعُ An-Naafi (The Propitious)	One who recites this name continuously for four days will be prevented from any harm.
اَلْتُوْرُ An-Noor (The Light)	One who recites this name will have inner light & noor.
اَلْقَابِضُ <b>Al-Qabiz</b> (The Constrictor)	One who writes this name on 50 pieces of food (fruit, bread, etc) for 40 days will receive ample sustenance. If recite 40 times on 40 morsels for 40 days & eat daily will be secure from hunger & have prolonged life.
اُلْقَادِرُ Al-Qadir (The Able)	Recitation of this name helps in fulfilling one's desires.

ٱلۡقَهَارُ
<b>Al-Qahhar</b> 'he subduer]
ٱلْقَوِيُّ

One who recites this name will be made free from the attractions of the world and gain inner peace.

# Al-Qaweeyo (The most Strong)

One who recites this name with the intention of not being harmed, will be safe from his enemy. Take 1000 barley seeds & recite 1000 times & feed the birds, one will be safe from enemy.

Al-Qayyum (The Self Subsisting)

One who recites this name will not fall into inadvertency & his heart will get purified.

# روم جرور القدوس

Al-Quddus (The Holy)

One who recites 100 times every day will be free from anxiety. If recite 170 times person will get purified.

Ar-Raafi (The Exalter) Reciting this name 100 times during day and night will make the person higher and rich. If recite 100 times after Asr salah Allah will exalt his status.

# Ar-Raheem

(The Merciful)

One who recites this name seven times will be under Allah's protection.

# Ar-Rageeb

The Watchful)

One who recites this name seven times will be under Allah's protection.



One who recites this name 1000 between Maghrib and Isha Namaz will be safe

Ar-Rasheed (The Guide to the Right Path)	from troubles.
اَلرَّوُّ فُ Ar-Ra'uf (The Compassionate)	Recitation of this name gives the blessing of Allah & will overpower the oppressor.
اَلرَّزَّاقُ <b>Ar-Razzaq</b> (The Provider)	One who recites this name will be provided with sustenance from Allah.
اَلْصَّبُورُ <b>As-Sabur</b> (The Patient)	One who recites this name 3000 times will be rescued from any difficulty & will get power of patience.
اَلسَّلامُ As-Salaam (The Source of Peace)	One who recites this name 160 times to a sick person will regain health & cure all disease & safety from all calamities.
اُلصَّمَدُ As-Samad (The Eternal)	One who recites this name frequently will be helped in need.
اَلسَّمِيُعُ As-Sameeo (The Al Hearing)	One who recites this name 100 times without speaking to anyone on Thursday after the Zuhr prayer, Allah will bestow on him / her any desire. And his Dua will be accepted.
اَلشَّهِیدُ As-Shaaheed (The Witness)	One who recites this name will get obedient child.

اَلشَّكُوْرُ <b>As-Shakur</b> (The Appreciative)	Recitation of 41 times will helps in healing from depression or recite on water for sore eyes.
اَلتَّوَّابُ At-Tawwaab (The Acceptor of Repentance)	One who recites this name frequently, his repentance will be accepted.
الْوَالِيُ Al-Waalee (The Governor)	One who recites this name and breathes it into his house, his house will be free from danger.
الُوُلِيُّ Al-Walee (The Protecting Friend)	One who recites this name will be the protected one
اَلُوَدُوُدُ <b>Al-Wadud</b> (The loving)	Reciting this name 1000 times on food before eating will help in making compromise between two persons.
	One who recites this name 100 times after two

Al-Wahhaab

(The Bestower)

Al-Waahid (The Unique) One who recites this name alone and in a quiet place will be free from fear and delusion.

rakats of Namaz will get all needs fulfilled. If recite 14 times Allah will make him self

sufficient, if recite 100 times with hands raised

poverty will be removed.

الُوَاجِدُ <b>Al-Waajid</b> (The Finder)	One who recites this name will have richness of heart.
اَلُوۡکِیۡلُ Al-Wakeel (The Trustee)	One who recites this name will have long life.
اَلُوَارِثُ <b>Al-Waaris</b> (The Supreme Inheritor)	One who recites this name will have long life.
الُوَاسِعُ Al-Wasi (The All Embracing)	Recitation of this name will eradicate poverty and sustenance increases.
الظاهر Al-Zaahir (The Manifest)	One who recites this name 15 times after Friday prayer, will get divine light in his heart.
الضار Al-Zaarr (The Distresser)	One who recites this name will gain status.
Al-Zul Jalal Wal Ikram (The Lord of Majesty and Bounty)	دو الجلال و الإكرام One who recites this name frequently will get good wealth.

- 1. **Allah** (The Name of Allah) If you recite this name of Allah 1000 times daily, Allah will remove all doubts and uncertainties from your heart and instill determination and faith Inshaallah
- 2. **Ar-Rahmaan** (The Compassionate) If you recite this name of Allah 100 times daily after every Salah (prayer), Allah will remove hardheartedness and negligence from your heart Inshaallah.
- 3. Ar-Raheem (The Most Merciful) If you recite this name of Allah 100 times daily after every Salah (prayer), Allah will safeguard you against all calamities and maladies Inshaallah.
- 4. **Al-Malik** (The Sovereign) If you recite this name of Allah abundantly every day after Zawaal (the time of mid-day immediately before (zuhar) Duhr prayer), Allah will give you abundant wealth Inshaallah.
- 5. Al-Quddoos (The Most Holy) If you recite this name of Allah abundantly every day, Allah will cure you of all spiritual sickness Inshaallah.
- 6. **As-Salaam** (The Bestower of Peace) If you recite this name of Allah abundantly, Allah will protect you from all calamities and maladies. If you recite it 115 times and blow on a sick person, Allah will restore his health Inshaallah.
- 7. **Al-Mu'min** (The Granter of Security) If you recite this name of Allah 630 times in times of fear, Allah will protect you from all calamities, mishaps and losses. If you write it on paper (or engrave it on a silver ring) and keep it with you (as Ta'weez), your physical and spiritual safety will remain the responsibility of Allah Inshaallah.
- 8. **Al-Muhaymin** (The Protector) If you offer 2 Rakaat Salah after ghusl and read, with sincerity, this name of Allah 100 times, Allah will purify you physically and spiritually. If you recite it 115 times, Allah will acquaint you with the unseen Inshaallah.
- 9. **Al-'Azeez** (The Mighty) If you recite this name of Allah 40 times each day for 40 days, Allah will grant you honor and self-sufficiency. If you recite it 41 times daily with constancy, Allah will grant you honor and self-sufficiency, if you are being treated with dishonor Inshaallah.

- 10. **Al-Jabbar** (The Compeller) If you recite this name of Allah 226 times every morning and evening, Allah will safeguard you against the oppression of tyrants and despots Inshaallah.
- 11. **Al-Mutakabbir** (The Majestic) If you recite this name of Allah constantly, Allah will grant you honor and greatness. If you read it continually before any task, it will be accomplished Inshaallah.
- 12. **Al-Khaaliq** (The Creator) If you recite this name of Allah 100 times for 7 days, Allah will safeguard you against all adversities. If you form the habit of reciting it regularly, Allah will appoint an angel who will worship Allah continuously on your behalf Inshaallah.
- 13. Al-Baari' (The Maker) If a barren woman fasts for 7 days and each day, after making iftaar with water, reads (Yaa-Baari'-Ul Musawwiru) 21 times, Allah will grant her male children Inshaallah.
- 14. Al-Musawwir (The Fashioner of Forms) If a barren woman fasts for 7 days and each day, after making iftaar with water, reads (Yaa-Baari'-Ul Musawwiru) 21 times, Allah will grant her male children Inshaallah.
- 15. **Al-Ghaffar** (The Forgiver) If you recite this name of Allah 100 times after Jumma Salah (prayer), you will soon begin to perceive Allah's forgiveness. If you say (Yaa-Ghaffar Ighfirli) daily after Asr Salah (prayer), Allah will include you amongst those whom he has forgiven Inshaallah.
- 16. **Al-Oahhar** (The Subduer) If you recite this name of Allah continually, Allah will free you from the love of this world and instead, Allah's love will become inborn in your heart Inshaallah.
- 17. **Al-Wahhaab** (The Bestower) If a poverty stricken person recites this name of Allah continuously or writes it and keeps it on him (as Ta'weez) or recites this name of Allah 40 times in the last sajdah of Salaat-ud-Doha (Chaast prayer), Allah will free him from poverty in an unexpected and amazing manner Inshaallah.

For particular need to be fulfilled, observe sajdah 3 times in the courtyard of the house or Masjid (Masjid) and then lift your hands (as in Du'a) and recite this name of Allah 100 times, Allah will fulfill your need Inshaallah.

- 18. **Ar-Razzaq** (The Provider) Before Fajr Salah (prayer), if you blow in all four corners of your house beginning from the right-hand corner while facing Qiblah, after reciting this name of Allah 10 times in each corner, Allah will open the doors of rizq (sustenance) for you; sickness and poverty will never enter your home Inshaallah.
- 19. **Al-Fattaah** (The Opener) If you recite this name of Allah 70 times by placing both your hands on your bosom after Fajr Salah (prayer), Allah will illuminate your heart with the Noor of Imaan Inshaallah.
- 20. **Al-'Aleem** (The All-Knowing) If you recite this name of Allah abundantly, Allah will open the gates of knowledge and wisdom for you. Moreover, your heart will be filled with the Ma'rifah (cognizance) of Allah Inshaallah.
- 21. **Al-Qaabid** (The Withholder) If you write this name of Allah (with saffron or by the mere action of your finger) on four morsels of bread each day for 4 days and eat them, Allah will safeguard you against hunger, thirst, injuries, pain etc Inshaallah.
- 22. **Al-Baasit** (The Expander) If you recite this name of Allah 10 times daily by lifting your hands towards the heavens (as in Du'a) after Salaatud-Doha (Chaast prayer) and thereafter pass your hands across the face (as when finishing Du'a), Allah will grant you self-sufficiency and independence Inshaallah.
- 23. **Al-Khaafid** (The Abaser) If you recite this name of Allah 500 times, Allah will fulfill your needs and remove all your difficulties. If you fast for 3 days and on the fourth day say this beautiful name 70 times while sitting in seclusion, you will gain victory over your enemy Inshaallah.
- 24. **Ar-Raafi'** (The Exalter) If you recite this name of Allah 100 times in the middle of the fourteenth night of every lunar month, Allah will grant you self-sufficiency and independence of the entire creation Inshaallah.
- 25. **Al-Mu'iz** (The Bestower of Honor) If you recite this name of Allah 40 times after Maghrib Salah (prayer) on every Monday and Friday, Allah will grant you honor and reverence Inshaallah.
- 26. **Al-Mudhil** (The Humiliator) If you make Du'a for protection after reciting this name of Allah 75 times, Allah will protect you from the evils of envious persons, oppressors and enemies Inshaallah.

If you fear a particular enemy then, after reciting this name of Allah 75 times, you may observe sajdah and invoke Allah's help against the enemy in the following manner: "O Allah! Protect me from the evils of so and so.", Allah will grant you protection Inshaallah.

- 27. **As-Sami'** (The All-Hearing) If you recite this name of Allah 500 times or 50 times on Thursday after offering Salaat-ud-Doha (Chaast prayer), Allah will surely grant your Duas Inshaallah. It is necessary that no talking be done during the course of reciting it. If you recite this name of Allah 100 times on a Thursday between the Sunnah and Fardh of Fajr Salah (prayer), Allah will favour you with His special blessings Inshaallah.
- 28. **Al-Baseer** (The All-Seeing)If you recite this name of Allah 100 times after the Jumma Salah (prayer) constantly, Allah will grant strength to your eye-sight and Noor (light) to your heart Inshaallah.
- 29. **Al-Hakam** (The Judge) If you recite this name of Allah 99 times while in the state of Wudu during the last portion of the night, Allah will cause your heart to perceive all secrets and to be filled with Noor (light). If you recite this name on a Friday night in such a manner that you grow euphoric and ecstatic then Allah will cherish your heart with manifestations and inspirations Inshaallah.
- 30. **Al-'Adl** (The Just) If you write this name of Allah (with saffron or by the mere action of your finger) on 20 pieces of bread on the day or night of Jumma and consume it, Allah will cause the entire creation to become subservient to you Inshaallah.
- 31. **Al-Lateef** (The Most Affectionate, The Knower of Subtleties) If you recite this name of Allah 133 times daily, Allah will grant abundance in your rizq (sustenance) and cause all your tasks to be accomplished without difficulties. If you are afflicted with poverty, misery, sickness, loneliness or any adversity, then you should make Wudu in the proper manner and offer 2 Rakaat Salah (prayer) and then bearing in mind the objective, recite this name of Allah 100 times. Allah will surely grant you deliverance Inshaallah.
- 32. **Al-Khabeer** (The All-Aware) If you recite this name of Allah continually for seven days, you will begin to perceive hidden secrets. If

you have insatiable desire for pleasure, recite this name of Allah continually. Allah will free you from such base desires Inshaallah

- 33. **Al-Haleem** (The Forbearing) If you write this name of Allah on paper, soak it in water and then sprinkle or rub the water on something, then Barakah (Allah's blessing) will be imparted to it and Allah will safeguard it against all calamities Inshaallah.
- 34. **Al-'Azeem** (The Magnificent) If you recite this name of Allah constantly, you will be graced with great honor and dignity Inshaallah.
- 35. **Al-Ghafoor** (The Forgiving) If you recite this name of Allah frequently, all your maladies, sorrow and grief will be removed. Barakah (Allah's blessing) will be imparted to your wealth and offspring's.

As related in a hadees, if you recite (Yaa-Rabbigh-firli) 3 times while in sajdah, Allah will forgive all your past sins and any sins that you may commit in future Inshaallah.

- 36. **Ash-Shakoor** (The Grateful) If you recite this name of Allah 41 times while facing any difficulties (financial, physical, spiritual, mental etc), Allah will grant deliverance soon Inshaallah.
- 37. **Al-'Aliyy** (The Highest) If you recite this name of Allah daily and constantly and keep with you a written copy of it, Allah will exalt you, grant affluence and fulfill all your desires Inshaallah.
- 38. **Al-Kabeer** (The Greatest) If you have been dismissed from a post, then fast for seven days and each day recite this name of Allah 1000 times, Allah will reinstate you to your post and grace you with honor and dignity Inshaallah.
- 39. **Al-Hafeez** (The Preserver) If you recite this name of Allah daily and constantly, and keep with you a written copy of it, Allah will protect you from all hazards, losses and harmful things Inshaallah.
- 40. **Al-Muqeet** (The Sustainer) If you recite this name of Allah 7 times and blow in a bowl of water and drink it yourself or allow someone else to drink from it or to take a deep breath from the bowl, Allah will fulfill all your desires soon Inshaallah.
- 41. **Al-Haseeb** (The Reckoner) If you fear any human being or anything, recite (Hasbiyallaahul-Haseebu) 70 times in the morning and 70 times

- at night for eight days starting from Thursday, Allah will grant you protection against the evil of the person or thing you fear Inshaallah.
- 42. **Al-Jaleel** (The Exalted) If you write (Yaa Jaleelu) on a paper with saffron or musk and keep it with you as a Ta'weez, Allah will give you honor, greatness, rank and dignity Inshaallah.
- 43. **Al-Kareem** (The Generous) If you wish to be revered and honored by the Ulama and pious people recite this name of Allah continually and fall asleep. Allah will fulfill your wish Inshaallah.
- 44. **Ar-Raqeeb** (The Watchful) If you recite this name of Allah 7 times each day and blow on yourself and your family, Allah will protect you and your wealth from destruction and calamities. Recite this name of Allah all the time to be safeguarded at all times Inshaallah.
- 45. **Al-Mujeeb** (The Responsive) If you recite this name of Allah constantly, you will perceive that all your Duas are being granted Inshaallah.
- 46. **Al-Waasi'** (The All-Encompassing) If you recite this name of Allah repeatedly, Allah will grant you spiritual and material self-sufficiency and independence Inshaallah.
- 47. **Al-Hakeem** (The Wise) If you recite this name of Allah constantly, Allah will open the doors of knowledge and wisdom for you. If you want a particular task to be accomplished recite this name Of Allah frequently and constantly Inshaallah.
- 48. **Al-Wadood** (The Most Loving) If you recite this name of Allah 1000 times, blow on food, and consume it along with your spouse, Allah will settle all your disputes and differences and create a strong bond of love and affection Inshaallah.
- 49. **Al-Majeed** (The Most Glorious) A person who has contracted a fatal disease such as pox, leprosy etc. should fast on the 13th, 14th and 15th of the lunar month and after breaking fast recite this name of Allah profusely, blow on water and drink it. He will soon be cured Inshaallah.
- 50. **Al-Baa'ith** (The Resurrector) If you place your hand on your bosom and recite this name of Allah 101 times at bedtime, your heart will become alive with knowledge and wisdom Inshaallah.

- 51. Ash-Shaheed (The Witness) If you wish your disobedient wife or children become obedient, place your hand on their forehead and recite this name of Allah 21 times and blow on them. They will soon become obedient Inshaallah.
- 52. **Al-Hagg** (The Truth) If your family member is missing or absconding or if your belongings have been stolen, write this name of Allah on all 4 corners of a square paper. At the time of Sehri place the paper on your palms and lift it toward the heavens and make Dua. The missing person or the stolen goods will be returned soon, free from any harm or damage Inshaallah.
- 53. **Al-Wakeel** (The Trustee) If you fear any calamity caused by an act of Allah, recite this name of Allah repeatedly, you will be protected from all calamities Inshaallah.
- 54. Al-Qawiyy (The Most Strong) If you are genuinely oppressed or victimized, recite this name of Allah profusely with a view to counteracting the oppressor. Allah will render you protection Inshaallah. This should never be done if circumstances do not warrant.
- 55. **Al-Mateen** (The Firm) If a lady's breasts do not yield milk, write this name of Allah on a piece of paper, soak it in water and make her drink it. Her breasts will abound in milk Inshaallah.
- 56. **Al-Waliyy** (The Patron) If your wife is of ill character, recite this name of Allah constantly in her presence. She will soon become of good character Inshaallah.
- 57. **Al-Hameed** (The Praiseworthy) If you recite this name of Allah in seclusion 93 times for 45 days, all your evil habits and bad qualities will change into good habits Inshaallah.
- 58. **Al-Muhsee** (The Reckoner) If you recite this name of Allah 20 times daily and blow it on 20 pieces of bread and consume it. Allah will make the entire creation subservient to you Inshaallah.
- 59. **Al-Mubdi'** (The Originator) If you place your hand on the stomach of your pregnant wife and recite this name of Allah 99 times at the time of Sehri, she will not have a miscarriage or give birth prematurely Inshaallah.

- 60. **Al-Mu'eed** (The Restorer) If a person is lost, recite this name of Allah 70 times in each corner of the house during the night when everyone is asleep. The missing person will either return within 7 days or his whereabouts will be known within that period Inshaallah.
- 61. **Al-Muhyee** (The Giver of Life) If you are sick, recite this name of Allah repeatedly, your health will be restored. If you recite this name of Allah repeatedly and blow on a sick person, his health will be restored. If you recite this name of Allah 89 times and blow on yourself, Allah will safeguard you against all obstacles and bondages Inshaallah.
- 62. **Al-Mumeet** (The Giver of Death) If you have no control over yourself, place your hand on your bosom and recite this name of Allah continuously before falling asleep. Allah will give you the strength to control yourself Inshaallah.
- 63. **Al-Hayy** (The Ever-Living) If you desire sound health recite this name of Allah 3000 times daily. If you are sick, write this name of Allah in a bowl with musk and rose water, then wash the inscription with water and drink it, Allah will soon cure you Inshaallah.
- 64. **Al-Qayyoom** (The Self-Subsisting Sustainer of All) If you recite this name of Allah continuously, you will attain honor and dignity amongst people. If you recite this name of Allah constantly in seclusion, you will become wealthy. If you continuously recite (Yaa Hayyu Yaa Qayyoomu) after Fajr until sunrise, your laziness will vanish Inshaallah.
- 65. **Al-Waajid** (The Finder) If you recite this name of Allah continuously while having food, the food will become a source of strength, illumination and Noor (light) for your heart Inshaallah.
- 66. **Al-Maajid** (The Glorious) If you recite this name of Allah in seclusion to such an extent and in such a manner that you become euphoric, the Noor (light) of Allah will soon become evident in your heart Inshaallah.
- 67. **Al-Waahid/Al-Ahad** (The One) If you desire good and pious children, write this name of Allah and keep it with you all the time, Allah will fulfill your desire Inshaallah.
- 68. **As-Samad** (The Eternally Besought) If you place your head in Sajdah at the time of Sehri and recite this name of Allah 115 or 125 times, Allah will grant you spiritual and physical truthfulness. If you recite this name

- of Allah constantly in the state of Wudu, Allah will soon make you independent of the entire creation Inshaallah.
- 69. **Al-Qaadir** (The Omnipotent) If you offer 2 Rakaat Salah (prayer) and recite this name of Allah 100 times, Allah will humble and disgrace your enemies (provided you are justified). If you recite this name of Allah 41 times before undertaking a difficult task, the difficulty will be removed Inshaallah.
- 70. **Al-Muqtadir** (The Powerful) If you recite this name of Allah 20 times after waking up from sleep, Allah will ensure all your tasks are fulfilled efficiently Inshaallah.
- 71. **Al-Muqaddim** (The Expediter) If you recite this name of Allah abundantly at the time of war or during a righteous struggle in the path of Allah, Allah will give you courage to make advances and safeguard you from the enemy. If you recite this name of Allah at all times, you will become obedient and submissive to Allah Inshaallah.
- 72. **Al-Mu'akhkhir** (The Delayer) If you recite this name of Allah frequently, you will soon resort to genuine repentance. If you recite this name of Allah 100 times daily, you will become dear to and a favorite of Allah Inshaallah.
- 73. **Al-Awwal** (The First) If you desire male children, recite this name of Allah 40 times daily for 40 days, Allah will fulfill your desire. If any way farer recite this name of Allah 1000 times on a Friday, he will soon return to his people safe and sound Inshaallah.
- 74. **Al-Aakhir** (The Last) If you wish that the love for Allah gets firmly established in your heart or that the love of anything or anyone besides Allah be driven out of your heart or to compensate for all your sins to die in a state of Imaan recite this name of Allah 1000 times daily, Allah will fulfill your wish Inshaallah.
- 75. **Az-Zaahir** (The Manifest) If you recite this name of Allah 500 times daily after Ishraaq Salah (prayer), Allah will cause your eyes and heart to be filled with Noor (light) Inshaallah.
- 76. **Al-Baatin** (The Hidden) If you recite this name of Allah 33 times daily, you will soon begin to perceive the deeper secrets of Allah and a strong bond of love and affection will form between you and Allah. If you

recite (Huwal-Awwalu Wal-Aakhiru Wad-Zaahiru Wal-Baatinu Wahuwa Alaa Kulli Shaiyyin Qadeer) continuously after offering 2 Rakaat Salah, all your needs will be fulfilled Inshaallah.

- 77. Al-Waalee (The Governor) If you recite this name of Allah repeatedly, Allah will safeguard you from all unexpected calamities. If this name of Allah is inscribed in a new earthen cup or jug and it is filled with water and the water is sprinkled in the house, the house will be safeguarded against all calamities. If you wish to subdue another person recite this name of Allah 11 times, Allah will fulfill your wish Inshaallah.
- 78. **Al-Muta'aalee** (The Most Exalted) If you recite this name of Allah continuously, Allah will solve all your problems soon. If a woman recites this name of Allah abundantly during her menstruation, Allah will relieve her from all ailments Inshaallah.
- 79. **Al-Barr** (The Source of All Goodness) If you are in the habit of taking intoxicants or committing adultery or indulging in any other evil, recite this name of Allah 7 times daily. Allah will guide you. If you recite this name of Allah excessively. Allah will expel the love of this world from your heart. If you recite this name of Allah 7 times and blow on your child soon after birth, Allah will grant your child protection from calamities until puberty Inshaallah.
- 80. At-Tawwaab (The Acceptor of Repentance) If you desire that Allah guide you to sincere repentance, recite this name of Allah 360 times daily after Salat-ud-Doha (Chaast prayer), Allah will fulfill your desire. If you recite this name of Allah abundantly, all your tasks will be accomplished without any difficulty. If you recite this name of Allah 10 times in the presence of a tyrant, you will soon be freed from the oppression of the tyrant Inshaallah.
- 81. **Al-Muntagim** (The Avenger) If you are justified and desire to take revenge against your enemy, but haven't the power to do so, recite this name of Allah continuously for 3 Fridays; Allah Himself will take revenge on your behalf Inshaallah.
- 82. Al-'Afuww (The Pardoner) If you recite this name of Allah abundantly, Allah will forgive you Inshaallah.

- 83. Ar-Ra'oof (The Most Kind) If you desire that the entire creation become affectionate towards you (and vice-versa), recite this name of Allah repeatedly. If you desire that your anger be subdued, recite Durood 10 times and this name of Allah 10 times. If you recite Durood 10 times and this name of Allah 10 times and blow on an angry person, his anger will be subdued Inshaallah.
- 84. Maalik-ul-Mulk (The Owner of Sovereignty) If you recite this name of Allah constantly, Allah will grant you wealth, self-sufficiency and independence Inshaallah.
- 85. Dhul-Jalaali Wal-Ikraam (Majestic and Benevolent) If you recite this name of Allah constantly, Allah will grant you honor, dignity and self-sufficiency Inshaallah.
- 86. **Al-Mugsit** (The Just) If you recite this name of Allah constantly, Allah will protect you from evil doubts created by the Shaitaan. If you recite this name of Allah 700 times for a purpose, Allah will fulfill it Inshaallah.
- 87. **Al-Jaami'** (The Gatherer) If your family or relatives are scattered (due to war, earthquake, floods or other calamities), take bath at the time of Doha (Chaast), lift your gaze toward the heavens and recite this name of Allah 10 times closing one finger each time, until all 10 fingers are closed. Afterwards pass your hands across your face as when completing Dua. The disperse members of your family will soon come together Inshaallah.
- 88. **Al-Ghanivy** (The Self-Sufficient) If you recite this name of Allah 70 times daily, Allah will grant you self-sufficiency and Barakah in your wealth. If you are afflicted with physical or spiritual sickness or any difficulty, recite this name of Allah abundantly and blow on your entire body. Allah will soon heal you and relieve you of your difficulty Inshaallah.
- 89. **Al-Mughnee** (The Enricher) If you recite Durood 11 times, recite this name of Allah 1111 times, recite Durood again 11 times and then Surah Muzzammil (Surah 73) after Fajr or Isha Salah (prayer), you will be granted both material and spiritual wealth Inshaallah.
- 90. **Al-Maani'** (The Preventer of Harm) If you have any disputes with your spouse, recite this name of Allah 20 times while lying down on the

bed, the dispute will be settled and love and affection will result. If you recite this name of Allah constantly, Allah will safeguard you against all calamities. If you recite this name of Allah for any legitimate purpose, Allah will fulfill it Inshaallah.

- 91. **Ad-Daar** (The Distresser) If you recite this name of Allah 100 times on the eve of Jumma (Friday), Allah will safeguard you against all physical and spiritual calamities and draw you nearer to Allah, Inshaallah.
- 92. **An-Nai'fi** (The Propitious) If you recite this name of Allah abundantly during travel, Allah will safeguard you against all hazards. If you recite this name of Allah 41 times before a task, it will be accomplished efficiently. If you recite this name of Allah prior to intercourse, Allah will grant you good and pious children Inshaallah.
- 93. **An-Noor** (The Light) If you recite this name of Allah 1001 times after reciting Surah Noor (Surah 24), you heart will be illuminated with the Noor (light) of Allah Inshaallah.
- 94. Al-Haadee (The Guide) If you raise both hands (as in Dua) while lifting your gaze toward the heavens and recite this name of Allah several times and then pass both your hands on your face (as when completing Dua), Allah will grant you complete guidance and associate you with the devout and pious Inshaallah.
- 95. **Al-Badee'** (The Originator) If you are in grief, recite (Yaa-Badee-us-Samaawaati-Wal-Ardh) 1000 times, Allah will soon grant you relief from your misery. If a particular task is to be undertaken, but you are not certain as to its feasibility, recite this name of Allah before falling asleep, you will receive guidance in a dream Inshaallah.
- 96. **Al-Baaqee** (The Everlasting) If you recite this name of Allah 1000 times on the night of Jumma (Friday), Allah will grant you protection and accept all your good deeds Inshaallah.
- 97. **Al-Waarith** (The Ultimate Inheritor) If you recite this name of Allah 100 times at sunrise, Allah will protect you against all sorrows, hardships and calamities and you will die as a Mu'min (believer). If you recite this name of Allah 1000 times between Maghrib and Isha Salah

- (prayer), Allah will safeguard you from confusions, agitations and disturbances Inshaallah.
- 98. **Ar-Rasheed** (The Guide to the Right Path) If you are unsure how to complete a particular task or are unable to work out plans for the task, recite this name of Allah 1000 times between Maghrib and Isha Salah (prayer), the plan will become evident to you in a dream or by instinct. If you recite this name of Allah daily, Allah will safeguard you against all mishaps and grant you financial progress Inshaallah.
- 99. **As-Saboor** (The Patient One) If you recite this name of Allah 100 times before sunrise, Allah will safeguard you against all calamities for the remainder of the day and prevent your enemies from uttering a single word against you. If you are in difficulty, recite this name of Allah 1020 times, Allah will soon provide you relief and contentment of the heart. Inshaallah
- 1. ALLAH: Any person who is suffering from a big disease which is incurable recites this name 100 times and prays for his good health Allah will grant him health.
- 2. AL-RAHMAN: If a person recites this name 100 times after every prayer Allah will remove all kind of responsibilities from his heart.
- 3. AL-RAHEEM: If a person recites this name 100 times after every prayer all the nation of Allah will love that person.
- 4. AL-MALIK: Any person who recites this name of Allah after every prayer of Fajar Allah will make that person a Ghani.
- 5. AL-QUDOOS: The person who recites this name after zawal as much as he can Allah will remove all the soulely problems from his heart.
- 6. AL-SALAAM: If any person recites this name as much as he can he will always be prevented from all mishappenings and if a person recites this name 115 times and prays for an unhealthy person that person will get good health.
- 7. AL-MOMINO: If a person is suffering from any kind of terror he should recite this name 630 times his terror will be vanished at the moment.
- 8. AL-MOHAIMENO: If a person recites this name 115 times then Allah will give him the power to know the hidden facts.

- 9. AL-AZIZ: Any person who recites this name after every prayer of Fajar Allah will never make him let down in front of other people and that person will get great respect.
- 10. AL-JABAR: Any person who recites this name 226 times he will always be prevented from his enemies.
- 11. AL-MUTAKABIR: Any person who recites this name before starting any kind of work and recites it as much as he can Allah will succeed him in that work.
- 12. AL-KHALIQ: Any person who recites this name all the time as much as he can Allah will make an angel for him who will always pray to Allah on that person's behalf. (But still that person is supposed to offer his prayers).
- 13. AL-BARI: If woman who has no children fasts 7 days and after opening her fast with water recites this name Allah will grant her children.
- 14. AL-MUSAVER: (same as above)
- 15. AL-GHAFFAR: Any person who reads this name 100 times after every prayer of Friday Allah will show that he is being blessed for his sins.
- 16. AL-QAHAAR: Any person who is desperately involved in the worldly things recites this name as much as he can Allah will remove the love for the world and produce his love in his heart.
- 17. AL-WAHAB: If a person really wants something so he should do three saida's in his house's vard and raise his hands and recite this name 100 times Allah will give him his desired need.
- 18. AL-RAZZAK: If a person who reads this name before the prayer of the morning 10 times in all the four corners of his house Allah will open the door of Rizk to his house and keep away all the problems. (Start from the right corner and stand towards the Qiblah)
- 19. AL-FATAH: Any person who recites this name 70 times after the prayer of Fajar and keeps his both hands on his chest Allah will fill his heart with Noor.

- 20. AL-ALEEM: If a person recites this name as much as he can Allah will open the learning door to him.
- 21. AL-QABIZ: Any person who writes this name on four pieces of a roti and eats it for 40 days he will always be prevented from the problems of food, thirst, injuries and pain.
- 22. AL-BASIT: If a person after the prayer of Chaasht recites this name 10 times with his hands raised and then put his hand on his face Allah will never let him down.
- 23. AL-KHAFIZ: Any person who recites this name 500 times every day Allah will listen to all his prayers.
- 24. AL-RAFIEH: If person recites this name on every 14th night of a month 100 times Allah will make him a little superior.
- 25. AL-MOAIZ: Any person who recites this name 40 times after every prayer of Magrib Allah will bless him with respect in front of others.
- 26. AL-MUZIL: Any person who recites this name 75 times and then pray in while being in Sajda Allah will prevent him from all his enemies and if a person has a special enemy he should take his name and pray that Allah should prevent him from that enemy.
- 27. AL-SAMEE: Any person on the day of Thursday after the prayer of Chaasht recites this name 500 or 100 or 50 times Allah will listen to his prayer but it is necessary that the person should not talk to anyone during reciting the name.
- 28. AL-BASEER: Any person who reads this name 100 times after the prayer of Friday Allah will give him good sight and noor in his heart.
- 29. AL-HAAKIM: Any person who recites this name 99 times at the last night being in wazoo Allah will bless that person's heart.
- 30. AL-ADAL: If a person who writes this name on 20 pieces of a roti and eats it Allah will make him good for his nation.

- 31. AL-LATEEF: Any person who recites this name 133 times Allah will bless him in his Rizk and any person having any need of any kind offers 2 rakats of a prayer keeping his desired need in his heart Allah will bless him with his need.
- 32. AL-KHABEER: Any person who recites this name 7 days as much as he can Allah will let him know the hidden facts.
- 33. AL-HALEEM: If a person writes this name on a piece of paper and then washes it with water and splits that blessed water on the thing he wants to be Allah will bless him with that thing.
- 34. AL-AZEEM: Any person who recites this name as much as he can Allah will bless him with respect.
- 35. AL-GHAFOOR: Any person who recites this name as much as he can Allah will prevent him from all pains, sadness and bless with good children and money and it has been said in a Hadees that a person who recites this name "YA RAB AGFARLY" while being in Sajda Allah will bless all his sins done before and now.
- 36. AL-SHAKOOR: If a is in big person problem or has of pain different kind he should recite this name 41 times everyday and Allah will bless him.
- 37. AL-ALI: Any person who keeps this name with him written on a paper and recites this name as much as he can Allah will give him high place and happiness.
- 38. AL-KABEER: Any person who has fallen down from his place should keep 7 fasts and everyday recite this name 1000 times Allah will again give his place back to him.
- 39. AL-HAFEEZ: Any person who keeps this name with him written on a paper or recites it as much as he can he will always be prevented from dangers and terrors.
- 40. AL-MUOEET: Any person who recites this name in an empty glass then fills it and then and with water drinks make himself or it drink anvone else or iust smells it Allah will give him desired need.

- 41. AL-HASEEB: Any who is scared of anv other person or something else he should start form Thursday person read "HASBEE ALLAH AL. HASEEB" he will be prevented from all the dangers.
- 42. AL-JALEEL: Any person who recites this name as much as he can, Allah will bless him with great respect.
- 43. AL-KAREEM: Any person who recites this name at the time of sleeping and sleeps while reading it Allah will give him respect among big learned people.
- 44. AL-RAQEEB: Any person who recites this name 7 times for his family members Allah will always prevent them with all the mishappenings.
- 45. AL-MUJEEB: Any person who recites this name as much as he can then his prayers will start getting fulfilled by Allah.
- 46. AL-WASE'O: Any person who will recite this name as much as he can Allah will bless him.
- 47. AL-HAQEEM: Any person who recites this name as much as he can Allah will open the doors of knowledge for him and not even a single work of a person is never completed he should read this name.
- 48. AL-WADOOD: Any person who recites this name 1000 on a food and eats it with her wife then Allah will remove all the tensions and fights between husband and wife.
- 49. AL-MAJEED: Any person is in an unhealthy stage he should keep the fasts of 13, 14 and 15 and after the iftaar recite this name as much as he can, Allah will give him good health.
- 50. AL-BAESO: If a person recites this name 101 times at the time of sleeping with his hands on his chest his heart will be filled with knowledge and power.
- 51. AL-SHAHEED: If any person's wife or children are unrespectable then he should keep his hand on their forehead and read this name 21 times they will become respectable.

- 52. AL-HAQ: If a person writes this name on a square piece of paper on its every side and then in the morning keeps that paper in his palm and raises his hands and prays to Allah he will get back the missing thing or person without any loss or misshapen.
- 53. AL-WAQEEL: Any person who recites this name at time of any dangers through the sky and makes Allah his lawyer he will be prevented from the dangers of sky.
- 54. AL-QAVI: Any person who is really miserable he only should recite this name and let his enemies go.
- 55. AL-MATEEN: The Firm one.
- 56. AL-WALEIH: If person is not happy with the of his hahits wife he whenever goes in front of her should start reciting this her wife will name and become a good responsible wife.
- 57. AL-HAMEED: Any person who recites this name everyday 93 times in alone then all his bad habits will be gone.
- 58. AL-MOHSEY: Any person who writes this name on 20 pieces of a roti and eats it every day all the nation will come to learn from him.
- 59. AL-MUBDEE: The Originator
- 60. AL-MUEED: After the entire person's have gone to should recite this sleep a person name 70 times in all the four corners of his house then if person has a been lost or gone from his house will return back.
- 61. AL-MUHEE: If any person is not healthy he should read this name as much as he can and he will become healthy.
- 62. **AL-MUMEET:** Any person whose brain is not in his control should recite this name while going to sleep with his hands on his chest and go to sleep then his brain will be under his control.
- 63. AL-HAYE'O: Any person who recites this name 3000 thousand times he will never fall ill.

- 64. AL-QAYOOM: Any person who recites this name will get respect among others.
- 65. AL-WAJID: A person should recite this name while he is eating it will be good for him.
- 66. AL-MAJID: The Noble
- 67. AL-WAHID: Any person who has no children should write this name on a piece of paper and keep it with himself Allah will give him good children.
- 68. AL-AHAD: Same as above.
- 69. AL-SAMAD: The Eternal
- 70. AL-QADIR: If any person is having problems in his work then he should recite this name 41 times then his problem will be solved.
- 71. AL-MUQTADIR: Any person who recites this name as much as he can after waking up in the morning or at least 20 times all his works will be done easily.
- 72. AL-MUQADIM: Any person who reads this name at the time of war his feet will never return and he will be prevented from his enemies.
- 73. AL-MOAKHIRO: The Delayer
- 74. AL-AWAL: Any person who is a traveler should read this name 1000 times so he will return home very soon without any loss.
- 75. AL-AKHIR: Any person who recites this name 1000 times then all the love for any other Allah will be removed from his heart.
- 76. AL-ZAHIR: Any person who recites this name after the ishraq Salah Allah will sight to his eyes.
- 77. AL-BATIN: Any person who offers 2 Rakat prayers and then recites "HO WAL AWAL O AKHIR O ZAHIR O BATIN ALI KUL SHAYE QADEER" Allah will fulfill all his Dua.

- 78. AL-WALI: The Governor
- 79. AL-MUTALI: Any person who recites this name as much as he can then all his problems will be gone.
- 80. AL-BER: Any person who has bad habits like smoking, gambling etc should recite this name 7 times all his bad habits will be gone.
- 81. AL-TAWAAB: Any person who recites this name 320 times after the Salah of Chaasht then Allah will listen to his tuba.
- 82. AL-MUNTAQIM: Any person who is right but does not have the courage to take his revenge the he should recite this name as much as he can and Allah will take the revenge for him.
- 83. Al-AFO: Any person who recites this name as many times as he can Allah will forgive him for his sins.
- 84. AL-RAUF: Any person who recites this name 10 times with Durood sharif 10 times will soon get rid of his anger.
- 85. MALIQUL-MULK: Any person who always recites this name he will never have to let down in front of others.
- 86. ZUL JALAL WALIKRAM: Any person who recites this name a lot will get lot of respect.
- 87. AL-MUQSITO: Any person who recites this name for a certain reason 700 times his wish will be fulfilled.
- 88. AL-JAME 0: This name can be recited for true love.
- 89. AL-GHANI: Any person who recites this name 70 times Allah will give him profit.
- 90. AL-MUGHNI: The Enriched
- 91. AL-MANEO: Any person who reads this name 100 times at the night of Friday he will be prevented from all the dangers.
- 92. AL-NAFI'O: Any person who reads this name before starting any work 41 times his work will be done according to his choice.

- 93. AL-NOOR: Any person who after offering his prayer Surah for Faiar recites Noor and then recites this name 1001 times Allah will fill his heart with Noor.
- 94. AL-HADI: The Guide
- 95. AL-BADEEY: Any person who recites this name after offering the prayer of Isha 1200 times for 11 days for any special reason his work will be done before the 11 days.
- 96. AL-BAQI: Any person who recites this name 1000 times at the night of Friday he will be prevented from all the dangers and miss happens.
- 97. AL-WARIS: Any person who recites this name 100 times at the time when the sun is rising he will have no sadness.
- 98. AL-RASHEED: Any person who recites this name everyday will get a good running business.
- 99. AL-SABOOR: of Any person who is any kind should recite this 1020 and his problem name times problem will be solved.

The End	